

## APPENDIX 1

### Peckham WARD:

Ref:	Name of your group:	Name of your projector Idea:	What project is trying to achieve?:	Amount requested [£]:
525	Brokenhome	Brokenhome	Social engage teenagers from broken homes in the areas above to offer support, mentoring, access to available mental health services in their area, working with parents to engage and communicate with their kids.	£16,000
372	Cooperative Planters	Peckham Flower Show	In 2016, the Cooperative Planters began with 2 people. Our group took a small area and changed it into a communal garden that is used by hundreds of people per year. Not only did we revitalise an area of land that had long been neglected, but we also brought a community of people together to share in the power of plants and flowers to bring joy and levity. We were also successful in securing Council funding and partnership for the 2021 Peckham Flower Show for 2021, and are delighted that this event has already generated such enthusiastic involvement from small businesses, local and national media, local government and, of course, the local community. The Cooperative Planters is seeking funding to continue the positive momentum of the Peckham Flower Show so we can run the event again in 2022, and bring the joy of flowering plants supporting human wellbeing and sustainability to the local area and the local community. On national and international levels, flower shows are a tremendous way to bring communities together around positive and healthful experiences, while simultaneously enhancing Peckham's reputation as an area that represents health, wellbeing, community, and successful local business. In addition, flowering and greening plants do much to promote human health and wellbeing amongst both the young and elder generations. As this event showcases the innovations and wide varieties of flowering plants, we have decided to create the event as a hybrid online and in-person experience. It is intended to have both a micro and macro impact. On the micro-level, will stimulate local businesses all around the region by increasing footfall in the surrounding area. In addition, the event will also encourage local people to the event to engage with community members on the health-giving properties of flowering plants. On a macro level, the local and national media coverage would be an	£11,820

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			excellent vehicle in enhancing the reputation of Peckham as a prominent area for health, wellbeing and city-greening innovation.	
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476	Elevated Minds CIC	Using Restorative Justice (RJ) as an Intervention in Response to Stop & Search	This project will be working in collaboration with the Met Police. Our aims are to create opportunities for positive relationships to be developed between the police and young people, in particular, black males by promoting understanding and learning on the part of the young person and the Police Officer whom the young person has encountered during a Stop and Search process. Also, we aim to use the RJ process to encourage and promote openness and transparency on the part of the police service with a focus on understanding issues from the young person's perspective. Two main concerns that have been raised and highlighted by members of the black community within Southwark, including members of Elevate2Success, our young people advisory panel are: 1. Far too many stop & search encounters involving a disproportionate number of black males in comparison to their white counterparts. 2. The style of Stop & Search involving the black community is aggressive and disrespectful, using excessive handcuffing in the first instance, laying and aggressively securing them on the floor, in comparison to white people when they are stopped. By working with young people and with the police through RJ, we will encourage and promote conversations between the Met and young people. They will learn about each other and better understand motives as opposed to holding blame. The Stop and Search process is an essential part of effective policing. The introduction of the RJ service being proposed into the process will provide additional accountability, promotion of the welfare of the communities we serve and enhanced opportunities to champion positive relationships between police and young people.	£4,995
402	Active Communities Network	Breaking Barriers Leadership Programme - Southwark	Breaking Barriers Leadership programme offers individuals from underrepresented backgrounds the opportunity to develop their own projects based around sport, physical activity, and healthy wellbeing in a community development context. Breaking Barriers participants are receiving intensive vocational accredited and non-accredited training by to help build their soft skills, foster leadership abilities, and increase understanding of community sports development. This training	30,300

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			includes mentoring for participants to plan and set up a local community project of their own choice, which they will run from April 1st 2021. In delivering this programme, we aim to recruit, coach, and support the next generation of volunteer community leaders, providing access to learning resources which champion the use of sport and physical activity in delivering and achieving productive social outcomes. The Breaking Barriers programme works to encourage self-confidence, skills development, and healthy wellbeing in its leaders, while facilitating social engagement by challenging perceptions and creating long-lasting bonds between project groups. Literally 'breaking barriers', participants are part of a programme that promotes integration, diversity, and inclusivity between people, with the ultimate aspiration to forge a stronger society through volunteering and action. The outcomes for 24 residents are: - Improve capacities of local residents to deliver social action in their communities - Improve local decision making, providing a co-produced programme of new activities for residents - Improve the health and wellbeing of up to 250 Southwark residents through new activities and action - Improve community relations of under-represented groups through regular celebrations and multi-estate/ward activities.	
49	Afro-Brazilian Arts & Cultural Exchange Institute	Fighting Inequality Project	The aims of our organization, is to use the arts, Music, dance and performing arts as the vehicle of education and the inspiration for disadvantaged people in the community of Southwark.	£3,500
260	Bells Gardens Estate TR&A	Stepping into wellness	A successful project is one that engages residents and the broader community. That has been our theme consistently. Being physically active can lead people to a healthier and happier life. Exercise regularly is known to lower the risk of chronic conditions, heart disease and type 2 diabetes, stroke etc, which is a key health issue in our community. Exercise, health and wellbeing concepts help to bridge the gaps. Those who live alone will engage with others and become active in our community projects as well. We then can have a exchange of knowledge skill in a collaborative manner to have a positive effect in our community. We are and have been engaging our Peckham community with exercise, information on a healthy life -style and skills that are useful to the community which creates lasting positive impact in the community. Moreover we are cultivating responsibility and accountability to our residence which ensure sustainability. Outreach to the wider area will continue	£4,920

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			to be successful and that allows for a great impact.	
489	Central Southwark Community Hub	Holiday Club	Central Southwark Community Hub's objective is to support those who are experiencing financial challenges, causing Food Insecurity, Activities such as providing Food Parcels. The Holiday Activity Club and other relevant services help them to maximise the income they have. All clients are referred to us predominantly by Children's Centres, Primary School and other local support agencies. All the referred families experience Food Insecurity during the holiday period. The Club provides nutritious food, play and learning opportunities. These actions provide great relief for parents because it reduces money worries triggered by food insecurity, spending money on pricey child entertainment, and compromising time in work for providing additional childcare. The Club provides further social benefits: most of the activities for children are fun games that nudge behaviour towards healthy eating, exercise and social inclusion. This stimulates a legacy of social integration and maintains general mental and physical well-being in Southwark. At each session, our aim is to alleviate holiday hunger, give Families the opportunity to the participant and engage with their children to promote well-being, reduce the loss of learning by introducing educational play and social interaction and to minimise isolation. Finally, running the Holidays Club helps to develop confidence in our volunteers – some of whom are Central Southwark Community Hub adult clients – and therefore improving the efficiency of the Central Southwark Community Hub.	£5,200
480	Feminist Library	Women's History Month exhibition & local history events	Women's History Month exhibition Celebrating women's history is part of the key objectives and on-going activities of the Library. We organise exhibitions, talks, discussions, workshops, seminars, create zines and collect histories of the feminist movement as it develops. We are safe space for locals. For Women's History Month 2022 we are putting together an exhibition of highlights from the Feminist Library's collections with a focus on local women's history (Peckham). The rich collections of materials at the Feminist Library include posters, badges, flyers, archives, periodicals, books, pamphlets and zines, spanning over five decades of the feminist movement's history. The onsite exhibition will also be available online for those who are unable to visit the physical Library. The exhibition, both on- and offline, will run throughout March. As such, the exhibition will be of interest to the local community, London-wide and national audiences. Alongside the exhibition, we will host	£4,990

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			<p>an event with local women from Peckham organisations, discussing topics important to their local histories and their organisations today. (This will be a webinar, if the situation still requires us to take precautions and refrain from organising physical events.) Workshops &amp; oral histories. In the run-up to the exhibition, we will organise a series of regular (quarterly; online and offline) creative workshops. At the same time, we will also be collecting local oral histories - working with the local community and other individuals with local histories to share. These - workshops and local histories collection - will culminate in a production of a local histories zine launched in March 2022, allowing people locally, nationally and internationally to engage with questions of Peckham and women's history, beyond the lifetime of this project. Mobile Feminist Library Van. We have a Library van that we will park in Peckham Square for one day to engage safely with the community.</p>	
521	Generation Success	Neighbourly Toonz/Animation	<p>In line with Southwark's cultural strategy and a place for innovation, Neighbourly Toonz is a 4-minute animation which will be digitally formatted aimed at two chosen diverse Southwark communities for local children, art enthusiasts and school teachers who would make it available as a teaching educational tool, through the use of projectors in classrooms and on tablets as this will help to educate about the two neighbourhoods I have selected to animate. It will be a form of a journalistic and historic and storytelling tool used to educate, to inform to entertain and also to inspire the young and the enthused to draw as well. It will be well sought after by teachers in schools in respective wards and carried out as workshop sessions during school terms and holidays. Scripted and through this animation, the intention is to showcase, in motion format, a brief history of people places and things in the neighbourhoods. What makes the Wards tick? I thought of how I could still continue to use my drawings to reach out in these difficult times and a digital format accessible also to many when produced would give an ideal, effective and creative learning outcome. The animation is planned to give a sense of belonging to the two neighbourhoods. Art has suffered in communities due to Covid19 and this project intends to give hope and pride through physical and digital involvement and inclusion. A call out of what communities want to see highlighted in the animation which will be through publicity asking for ideas from school children of their community story and history.</p>	£4,075

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374	Gloucester Grove Estate TMO	Community Art Project	The Project will see the TMO working in collaboration with Art4Space over to deliver a free art/mosaic course over 8-12 weeks period. The project is trying to address inactivity for children afterschool; reduce the incident of crime and anti-social behaviour particularly amongst young people and alleviate isolation and loneliness among older people. The scheme will support the development of creative skills; Increase understanding of art through the use of design, tile/ceramic and mosaic work; It will encourage residents to collaborate on a mutual project that will directly enhance their environment; Help realise and value the creative potential in all through experienced teaching and facilitating. Aid discussions through support for inter-generation collaboration work.	£10,175
510	Gloucester Grove Estate TMO	Christmas lunch for residents over 60 in Gloucester Grove Estate	Amongst the TMO's community are a healthy group of elderly residents who will benefit from a special Christmas lunch at a period leading up to the usual annual Christmas festivities. The focus of this initiative is to reduce loneliness through an event which designed to ensure all in attendance are actively engage. This has fast become a key event in the TMO's annual calendar.	£3,580
263	Harry Lamborn TA	Resident involvement	Combat isolation, celebrating the season together importance of staying safe to beat COV19	£1,507
514	Ignite Hubs	Peckham Coding Club	We are a registered Charity, led and run by volunteers and supported by Southwark Council Library Service. Our website is <a href="http://www.ignitehubs.org.uk">www.ignitehubs.org.uk</a> We teach free weekly coding classes to children and young people aged 7 to 18 years olds at Peckham Library. Due to the virus, we have moved our classes remotely but we hope to return to the Library as soon as it is safe to do so. Our classes are taught by IT professionals and entails a rich curriculum of front-end web technologies; HTML, CSS, JavaScript and a general-purpose programming language called Python. We also teach Scratch, a graphical programming language, which is particularly suitable for those new to coding. These skills are needed by companies like YouTube, Google, Netflix and Instagram. We are an Approved Activity Provider for the Duke of Edinburgh's Award and teach and mentor young people from 14 to 18 years old for the skills section of the Bronze Award.	£5,000

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			<p>Our aim is to create the best learning environment for children and young people from all backgrounds and abilities. The project 'Peckham Code Club' will provide the necessary cash resources to enable us to purchase laptops for the children as the majority that attend do not have their own laptop. It would also enable us to purchase materials to enhance the children's learning such as robotics, electronics and other hardware and cover our operational costs such as name plates, website hosting charges and paper to print certificates for the children.</p> <p>From our research, youth unemployment in Southwark is above the national average and by equipping young people with in-demand coding skills they will not only be able to access employment opportunities but also higher paying roles, which will enable those from disadvantage backgrounds to break out of the poverty cycle.</p>	
406	Leaders of Tomorrow (LOT)	Fulfilling Your Potential	<p>LOT was established in 2002 and achieved charity status in 2013. Our long track record in Southwark has support over 2000 young people and help them achieved in their social, personal and academic development. For example, over 100 students have benefited from attending 16 consecutive USA MBA Business Education conferences where they were given exposure to business and the wider world of work. (2002-2016) Over the years LOT received sponsorship from British Airways and the Gallery of African Art. Since then many have won scholarships to prestigious colleges/universities are now active LOT volunteers; thus giving back to the community. Our focus for 2021-2022 is to target those with leadership potential but need additional mentoring support to achieve. We are particularly keen to target impressionable young people and those with challenging behaviour. In order to achieve our aims, we have made it our mission to engage the parents to ensure success. There will be monthly feedback to parents/carers and encourage them to let us know about issues that we need to focus on. This might include, behaviour, attitude, school performance, peer pressure, career choices, helping to arrange work experience, exam preparation, and interview techniques. Given the Covid-19 pandemic, some sessions may take place on line with our dedicated group of volunteers who will provide one to one leadership/mentoring support.</p>	£2,500
294	Link Age Southwark	Seated dance class for older people living with dementia and	<p>We are seeking funds to provide a tutor and refreshments so that up to 15 older people in the Peckham ward living with dementia and complex medical conditions can benefit from a seated dance class and feel less lonely and isolated. It is a warm and friendly group and, prior to the lockdown, met in an extra care sheltered housing setting on Cator Street. A tutor trained in dance</p>	£3,050

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		complex medical conditions	<p>for people with brain injuries puts the group through its paces with gentle exercises involving creative movements using balloons, balls and other props. There is plenty of supportive laughter and encouragement as participants make their own interpretation of dance movements.</p> <p>We are proud of being able to give these older Peckham residents an opportunity to exercise and socialise that would otherwise be unavailable to them. Older people are particularly vulnerable to isolation and loneliness as their mobility reduces, health deteriorates and family and peers move away or die. Chronic loneliness is a health risk factor comparable to tobacco, alcohol and obesity. With the outbreak of Covid-19 the tutor involved in delivering this group has been maintaining contact with group members over the telephone encouraging them to exercise on a weekly basis. She has also been offering an online session for those with digital access. We have appointed a Groups Coordinator whose responsibility it is to develop a plan of action for all of our groups including Cator St. The plan is to have three phases for the groups – lockdown, social distancing and post pandemic and to be able to move back and forth between the phases as needed. Our aim is to ensure that we maintain contact with all group members and keep them mobile.</p>	
281	Motivez	Prospering Peckham	<p>In the light of COVID-19, the Green New Deal is at the forefront of Southwark’s recovery to help shape the economic future of Southwark. To bring this to fruition, the “Prospering Peckham” project will help young people to be at the heart of the long-term strategy to reach the borough’s climate change commitments by helping to cut emissions and becoming prepared for greener jobs.</p> <p>Peckham High Street is the 9th most polluted area in London and 3rd in Southwark, having detrimental effects on the health of all those who live, work or study in the area. According to an Amnesty Poll, four out of 10 young people in the surrounding area view climate change as one of the most important issues facing the world, however, these young people are often deprived of role models, especially in STEM, leading to a lack of awareness and unsupported voices to advocate for climate action. The STEM industry requires significantly more people who have studied STEM subjects. Across science and engineering, there has been a need for more than 450,000 new STEM based technicians this year, however, latest statistics show that only 6.2% of UK students enrolled into STEM related subjects at UK universities are from BAME backgrounds, compared to 13% in the population. This statistic shines light on the bigger picture - a need to get more young people from diverse backgrounds into STEM. To address this, our co-founder, George Imafidon, joined Lewis Hamilton’s board to improve diversity in STEM and Formula 1. This project is designed to facilitate</p>	£4,300



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			the change by promoting a sense of community and purpose through addressing the issue of climate change which affects their future ambitions. This project will connect STEM employers with students at Harris Academy Peckham, which lies at the beginning of Peckham High Street, and familiarise them with the pollution issues around their school. Through a series of talks, workshops and activities led by young professionals and inspirational figures, the students will learn more about how they can solve these issues with STEM-based solutions. The students will also develop their public speaking, teamwork, and negotiation skills to build a campaign to advocate for greener solutions of transport around their school site for the benefit of the residents, underpinned by the knowledge acquired over the course of the project. This will deconstruct employment barriers through increased visibility and engagement with professionals. This will also build a community of young leaders, strengthening their voices and increasing community cohesion through campaigning for this common issue, bridging the intergenerational gap between the youth and the older generation in Southwark.	
553	NP&CWN T&RA	Access to Tenants & Residents during Covid	Keeping tenants and residents up to date with local issues to the estate and surrounding areas, such as heating, parking, looking out for vulnerable tenants and residents.	£863.98
173	Open Aerial	Circus Outreach	We'll work with Cherry Garden School (CGS); a school for children with disabilities in Peckham to deliver circus classes for free to children with disabilities for 10 weeks. We aim to make a difference in the community by supporting individuals. By having a positive impact on 36 children's mental and physical health, we're adding value to the community. We'll do this by; Promoting trust within groups by working on COVID-safe activities where children physically work together and trust one and another. We'll set targets for each participant at the start. Building confidence in children by learning the capabilities of their bodies. We'll take photos to show them what they can do. We aim to see a considerable improvement in at least 60% of the children's confidence. Giving 36 children who don't currently have access to many ways of exercising, safe and accessible weekly exercise. It's important now more than ever to improve their immune systems and keep them healthy. Often children from chaotic households don't have a lot of child-centred time. We'll provide this on a weekly basis; establishing a routine; giving each child 1 on 1 support for 50% of the session. We ran a trial session with CGS, which was described as 'an	£4,986.50

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			<p>incredibly valuable way to provide exercise to a group of people this normally feels inaccessible to'. Simon Wright (Senior Teacher and MOVE coordinator) from CGS was a key part in realising the need for the sessions, informing us of the lack of exercise accessible to these children. There aren't projects teaching circus to this demographic. Purple Ladies used to run a project with low income children, which isn't currently able to run due to location restrictions. We'll fill this gap; teaching community circus in Peckham. We're talking to Purple Ladies about involving them in a later version of the project.</p>	
321	Passion for Reducing Type 2 Diabetes	Skip Diabetes	<p>The project aims to create awareness and educate people on risk factors of diabetes and cardiovascular diseases, and how to reduce the risk. Our discussion with people from the ward shows: Concern upon overweight and high blood glucose since lockdown. Many prefer training within than visiting GPS/hospitals due to covid-19 There is poor knowledge upon the need for regular health checks. There are records of gestational diabetes, family history of diabetes, high BP and cholesterol among the people In Southwark, diabetes remain a public health concern (Southwark PH 2018),Southwark demographic factsheet 2017 suggests great number of BAME groups, and diabetes prevalence rate had been higher among the BAME migrants (DoH, 2001). GPs referrals to diabetes programmes continue to escalate mostly (WAFD, 2019/2020) Also, migrant have low levels of confidence in accessing GP services <a href="https://migrationobservatory.ox.ac.uk/">https://migrationobservatory.ox.ac.uk/</a>; many BAME groups in Southwark are migrants Participants: Reduce weight, high PB, cholesterol and blood glucose; Improve health profiles and knowledge about diabetes; Understand healthy food choices; Increase participation in physical activities; Increase confidence to request and accept regular health checks Maintain healthy lifestyle.</p>	£5,210
241	Sporting Recovery	SR Widening Participation Wellness Programme	<p>Sporting Recovery Southwark Wellness Programme has an average of 30-40 adults with a mental health history attending our Wellness Programme weekly. However, we are not reaching many clients with high dependency needs. To get these service users, we are developing closer collaborative working with the Southwark Mental Health High Support Rehab Team based in Southwark. Furthermore, there are several Commissioned Supported Living Schemes based in the East Central Southwark ward that we are developing partnerships. During a trial period, we have seen our weekly numbers grow nearer to 65. This demand is coming from some of the most</p>	£4,940

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			<p>vulnerable people in our community, who are experiencing severe mental illness and multiple disadvantages. To continue working successfully with this group of service users with higher support needs, we require additional resources. We serve a vulnerable and largely marginalised section of the Peckham community. Our evidence shows they prefer to access a community-based service that is small enough to create a stigma-free and welcoming environment. The SLaM services where our clients primarily come from are:</p> <p>STEP: Early Intervention Service (Southwark) SLaM Psychosis Community Service (Southwark South) St Giles House. This Widening Participation Project is a collaboration with Sporting Recovery and the Complex Care Team in SLaM Southwark.</p> <p>Football Training; Basketball Training; Table Tennis; Badminton; Short Tennis; Non-contact Boxing Training; Supervised Gym; Tai Chi; Yoga</p>	
518	The Ernest Foundation	Hope is Alive	<p>This project currently operates in Peckham covering the boroughs of Lambeth, Lewisham, and Southwark. The difference the project will make is to tackle the problems posed by the persistently high level of HIV infection and mental illness and now COVID-19 among London residents of Black African origin, and the barriers they face in accessing testing, counselling, medical care, socialising and training. The project will build their confidence and reduce the barriers they face in life. Will improve their quality of life, health, confidence, and self-esteem, develop life skills and capacities, and enable them to participate in support and friendship networks. The project will build the confidence of our service users and help them to cope with life, during and after COVID-19. Although it is close to our existing work, this will be an additional service during this time of crisis. We plan to deliver personal necessities and quality food, as good nutrition is essential for those affected by HIV and mental issues. This funding will also enable us to provide a 24-hour help line to respond immediately to individual cries for help. In addition, we will also be offering phone and on-line counselling to support and encourage our service users. Taking the necessary precautions and protection, we will be visiting some of our most venerable service users to offer support and care. The Ernest Foundation will maintain a learning culture, drawing on knowledge from HIV community-based programmes worldwide, and especially in Africa, where they have proved very successful. We will run this project for 12 months</p>	£5,000

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238	The Friends of Kelly Avenue Park	Kelly Ave Park Community Fun Day	The Kelly Avenue Park Fun Day is now an established event among the local community. It is a day when hundreds of local residents come to enjoy free lunch and a range of free activities at their local park, cementing positive relationships and building new ones, between diverse groups of people. Local children now look forward to their annual fun day as a treat for all the family, enhancing their well-being and strengthening their sense of 'ownership' of the park, promoting engagement in community cohesion.	£2,000
348	Willowbrook TMC Ltd	Pollinator Gardens/Give an old tree a new life	To continue to build a sense of community/inclusion by encouraging our residents to work together on the estate gardens, get active and learn new skills	£3,050
563	XCR	XCR	We are dedicated to supporting young artists elevate their careers. We understand the difficulties faced within the music industry and so we have created XCR to give you a helping hand. Whether that's to become a singer, songwriter, rapper, producer, DJ, music manager, A&R, publicist or roadie - we are here to support. Mission: Our mission is to build a community of like-minded individuals to grow together, support each other and create the positive change we all wish to see. We understand that music has a power, this power has the ability to influence people. It is our responsibility to use the music we create to influence the positive change within our community. The youth are the future, we as a community have to educate and inspire the youth of today to build a better tomorrow. We have worked with young people on creative projects for a number of years and adapted our business model to suit exactly what they require, along with understanding how the music industry is shifting to allow anyone to earn a living from their bedroom. Our aim is to develop the following as skill sets to the young people we work with: Develop skills in creative arts; Develop music with young people in groups and one-to-one; Create expression through a creative medium, becoming social commentators; Release young people's music worldwide; Help young people get paid from their music; Create portfolios for young people to showcase their work; Educate on the business of the creative industries; Provide work experience; Build CV and employability skills; Breakdown barriers within communities; Learn technical skills ; Reduce and prevent youth violence; Build confidence Improve happiness and well-being; Improve positive mindsets and perspectives; Develop workshops; Opportunity to complete an Arts Award in music, film and photography.	£500

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299	Dream Believe Achieve (DBA) CIC	DBA Community Engagement Project (11-16s)	Through ongoing consultations with our beneficiaries, schools, tenants and residents associations we have established common disadvantages our community of youths are facing. These include a lack of free support services, engaging activities, 1:1 mentoring assisting individuals in overcoming boundaries hindering progression and fulfilment. Also, low self-confidence, a rise in mental conditions and isolation heightened by the pandemic. Moreover, high levels of poverty, a lack in pivotal life skills and being less informed in sensitive areas including mental health, child abuse, peer pressure, street crime, dangers of social media, drug, alcohol misuse, sexual health awareness. Our proposed therefore seeks to address this need. Our project aims to empower and provide more opportunities to disadvantaged youths from low socioeconomic households, with little to no support services and beneficial activities available to them. We seek to increase access to free positive engaging activities and support services ( delivering a variety of free, innovative, customised, highly engaging 1:1 mentoring and community group workshops )to reduce youth engagement in delinquent and criminal activity. Moreover, we aim to aid our service users' personal and social development, unlocking and nurturing their talents. We also seek to increase life skills, self-confidence, wellbeing and equip service users with an array of positive coping mechanisms. Finally, we seek to raise more awareness on important, sensitive topics including mental health, child abuse, FGM, sexual violence, domestic violence, peer pressure, gang, street crime, drug and alcohol misuse.	£3,617.98
393	Big Local Works	Big Local Works	Big Local Works is a local charity providing essential services to the local community including preparing residents with key skills for employment, providing free 1-2-1 benefit and welfare support for Southwark Residents and supporting enterprise. The project is called Here for Work. Big Local Works will hold monthly Employability Skills and Support courses. BLW has delivered similar programs previously however each year, we commit to learning from the data collected from each course and improve upon what we deliver to residents. Therefore, our next courses will be delivered in a new format. The feedback we received from participants has always highlighted the need for more 'one to one' and mentoring support with job search and employment plans. This is the most valuable support in moving towards the workplace. Our new course will follow the format of two days of intense training, followed by, up to five days, of one to one support per group. Each participant will have the opportunity to engage with an employment mentor to research, review and get the required support to apply and obtain local jobs. We have found this to be absolute crucial to	£4,250

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			<p>complement the employability skills training. The skills that will be covered during the training include: CV Writing; Job Searching; The Application and Interview Process; Effective Communication; The Importance of Professionalism; Team Work; Conflict Management/Resolution. Our immediate neighbourhood is in the top 10% most deprived in the country. This is much of the same for surrounding areas in Southwark, with large pockets of social housing. The Covid-19 crisis will most defiantly affect our community for the next few years to come, with people who live in the poorest area to suffer the most, with loss of jobs and benefit cutbacks. This outlines the need for a course like ours that will produce sustainable change in people's lives by empowering residents with the skills and information to apply for and obtain local, well paid and sustainable jobs. This course is designed to empower and provide the participants with all the skills and confidence needed to be successful in obtaining sustainable employment. The training and the employment support means that we can deliver a credible pathway for local residents to get closer to employment. We believe this training will result in genuine life changing skills and support for local residents to get back in to positive and productive work. Not just any work but well paid and secure jobs that deliver positive economic opportunities for local people.</p>	

## Rye Lane WARD:

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525	Brokenhome	Brokenhome	Social engage teenagers from broken homes in the areas above to offer support, mentoring, access to available mental health services in their area, working with parents to engage and communicate with their kids.	£16,000
372	Cooperative Planters	Peckham Flower Show	In 2016, the Cooperative Planters began with 2 people. Our group took a small area and changed it into a communal garden that is used by hundreds of people per year. Not only did we revitalise an area of land that had long been neglected, but we also brought a community of people together to share in the power of plants and flowers to bring joy and levity. We were also successful in securing Council funding and partnership for the 2021 Peckham Flower Show for 2021, and are delighted that this event has already generated such enthusiastic involvement from small businesses, local and national media, local government and, of course, the local community. The Cooperative Planters is seeking funding to continue the positive momentum of the Peckham Flower Show so we can run the event again in 2022, and bring the joy of flowering plants supporting human wellbeing and sustainability to the local area and the local community. On national and international levels, flower shows are a tremendous way to bring communities together around positive and healthful experiences, while simultaneously enhancing Peckham's reputation as an area that represents health, wellbeing, community, and successful local business. In addition, flowering and greening plants do much to promote human health and wellbeing amongst both the young and elder generations. As this event showcases the innovations and wide varieties of flowering plants, we have decided to create the event as a hybrid online and in-person experience. It is intended to have both a micro and macro impact. On the micro-level, will stimulate local businesses all around the region by increasing footfall in the surrounding area. In addition, the event will also encourage local people to the event to engage with community members on the health-giving properties of flowering plants. On a macro level, the local and national media coverage would be an	£11,820

			excellent vehicle in enhancing the reputation of Peckham as a prominent area for health, wellbeing and city-greening innovation.	
<b>Ref:</b>	<b>Name of your group:</b>	<b>Name of your projector Idea:</b>	<b>What project is trying to achieve?:</b>	<b>Amount requested [£]</b>
380	Digital Mindfulness	Digital Wellbeing in Schools Project	As part of its focus on digital wellbeing within the education system, Digital Mindfulness intends to enhance support to teachers, trainers and young people on their interactions with social and digital media. The issues of online intimidation and harassment of councillors are on the increase, as the volume and veracity of anonymous and persistent abuse, threats and intimidation are significant causes for concern. At Digital Mindfulness, we believe that educators, education systems and young people are on the front line of such behaviour on a daily basis and require meaningful resources to deal adequately with them. The various resources we propose to create will provide tools and techniques to mitigate online intimidation, digital citizenship, online safety, security and countering the spread of misinformation, Digital Mindfulness proposes the creation of interactive visual and text-based resources that focus on enhancing digital safety and security, digital citizenship, and dealing with misinformation for both students and educators. Digital Mindfulness would bring to this project the latest academic and industry expertise to create these resources, leveraging our extensive global skill, and knowledge networks to deliver an outstanding experience. The resources would be interactive so it can be made available on school websites'. By including the latest thinking and research-based resources on the above topics, students and educators can rest assured they have access to truly innovative and impactful tools and techniques. In addition, Digital Mindfulness proposes the creation of new/updated Rules of Engagement Models that provide clear and actionable guidelines to address intimidation, digital citizenship, online safety, security and misinformation. The models will focus on providing a robust framework of support for educators and students, so they are aware of the most effective and forms of engaging online that mitigate negative behaviour.	£5,467.44
301	Isha Foundation	Isha Foundation: Online Yoga Sessions for	To varying degrees, all of our lives have been challenged by COVID-19. With the Royal College of Psychiatrists warning that mental illness will be "the second pandemic", it's imperative that practical tools to nurture mental and physical wellbeing are readily available. The Isha Foundation's renowned yoga and meditation sessions offer simple, accessible practices to empower participants to take charge of their mental and physical health, from their own homes. Our project aims to contribute to a system of	£5,130



		Southwark	<p>holistic support for the wellbeing of the Southwark Community during these challenging times, by providing 18 free online yoga and meditation sessions over one year. Throughout the lockdown period, we established ourselves as a key support for the wellbeing of the Southwark community, offering online sessions through funding from four of Southwark Council's COVID-19 Community Grants. This project would further this support, and also act as a continuation of the online sessions currently being offered to Southwark via our previous Neighbourhoods Fund project: ending on March 31st 2021. We are conscious that community mental and physical wellbeing support will be needed both during and after the pandemic. The Isha Foundation's online sessions last for one hour and bring together participants of all ages, ethnic groups and physical ability. By participating, residents create and reinforce community ties. All programmes provide an inclusive, joyful, stress free inner climate that positively impacts the wider community. The workshops are taught by trained teachers, on an accessible scientific basis, providing exercises that are easily incorporated into hectic modern routines, empowering all. Post session support is offered by our teachers; guiding participants through the practices they will learn in the sessions. We also offer a mobile app containing videos and a rich variety of supportive content to help participants keep up with the practices. The Isha Foundation is a volunteer run, non for profit organisation providing holistic answers to physical and mental wellbeing through the science of Yoga. Until August 2020 our centre on Silex Street provided both wellbeing support and volunteering opportunities for the Southwark Community. Located in St George's ward, our centre was also offered for community projects such as 'Blackfriars Stories: Waves of Wonder' in 2019. Due to financial constraints caused by the pandemic, we had to close its doors in June 2020. We continue to provide support on an online basis. Since the pandemic started, our online sessions have supported over 12,000 people from the UK. Prior to the pandemic, we had also supported the Southwark community by offering sessions for Kings College Hospital, VAULT, Lambeth and Southwark Diabetes group and LSBU. During the pandemic we have conducted a series of sessions for Su Mano Amiga, and have connected directly with Alzheimer's Society Southwark, The Nest, Groundwork London, Home Start Southwark and Hope for the Young; offering our support to their service users. We intend this project to further these initiatives and build engagements with organisations across the multi ward area. Our website: <a href="https://www.ishayoga.eu/">https://www.ishayoga.eu/</a></p>	
530	Holistic Well Women	Community Wellness Social Prescribing Project	<p>The aim of community wellness social prescribing project is to improve the mental and wellbeing of the people of Southwark. Covid 19 has affected everyone from all walks of life. We are offering one to one Wellbeing, Assessments and range of workshops, activities that include: A range of craft activities, Walks and physical activities, Variety of Creative Crafts, Knitting and Crochet, Jewellery Making. Social Tea, Advice and Healthy Living Workshops and support and sign post to many local organisations in</p>	£5,500

			order to improve the Mental Health and Wellbeing of the Community. We believe Social Prescribing would be a great opportunity to improve mental health Wellbeing in the community and connect local people to local services which would improve their lifestyle and wellbeing. According to Southwark Health Summary 2018. Southwark residents experience a high rate of anxiety and depression and many have been diagnosed long term health conditions such as hypertension and depression. This has increased in the pandemic. Many more people need support and people are suffering with mental health, isolation, depression and anxiety is on the rise. Our project would provide a source of help and support in this challenging times. Our activities would be a mix of online and face to face to sessions with all government social distancing and PPE rules will apply.	
548	Atwell Urban Community Garden	Atwell Urban Community Garden	The Atwell Urban Community Garden group is new and emerging. The project aims to bring the residents of the Atwell Estate together to co-create an urban community garden. The garden would be planned and managed by residents with shared responsibility, training and support. The garden will provide a nature haven and place to go for gardening exercise, learning skills, meeting others, accessing fresh food, and mental wellbeing. Most importantly, the project will build a stronger sense of community by bringing people together. The Atwell Estate has 103 homes of mixed ownership. Hidden behind Rye Lane, estate residents mostly look out onto underused concrete squares. We know there is great diversity of heritage, skills, age and background among the residents. There are some knowledgeable people on the estate: one studies community horticulture, another has grown grapes in their garden – we are keen to learn from one another! The estate doesn't have a TRA, we hope the project may develop a group that becomes active more widely. We would like to plan events with other Southwark community gardens, but as a new group are yet to make links. The project timeline: <ul style="list-style-type: none"> <li>• April/May 2021 - Estate consultation to ask residents about their views and ideas, and invite them to be involved.</li> <li>• May - Guest speaker and workshop. Promotion and invitations to get involved.</li> <li>• June/July - Community garden open planning meetings 1 &amp; 2 - forming group roles and responsibilities, identifying training and resource needs, garden design workshop.</li> <li>• July - Beginning the gardens - building beds, buying materials and tools, sowing and nurturing seeds.</li> <li>• August - Peak growing season - community gardens BBQ.</li> <li>• Sept - Harvest open day.</li> <li>• October - Pumpkin day for children, planting winter plants.</li> <li>• November - Garden and roles review meeting - open to all.</li> <li>• December/Jan 2022 - planning for spring, community seed swap.</li> <li>• March 2022 - Spring open day and planting.</li> </ul>	2,460
394	Copleston Centre	Health in Mind	Health in Mind will put mental health at the centre of the community's Covid recovery safely supporting people who have already returned to our centre and those who remain anxious about venturing out.	£4,892

189	Elimhouse Community Association Southwark	Peckham O60 Multicultural Tea Room	The project is trying to bring elder people from all sections of the community together to engage with other in activities which improve their quality of life.	£4,000
349	Leaders of Tomorrow (LOT) (Application incomplete)	Fulfilling Your Potential	The Leaders of Tomorrow (LOT) is a mentoring and leadership programme that was established in Southwark in 2002 to support children and young people achieve in their personal, social and academic development. Our long track record has supported over 2000 young people and over 100 have attended 16 consecutive USA National Black MBA conferences where they were given exposure to business and the wider world of work. Over the years LOT, received sponsorship from British Airways, Southwark schools and the Gallery of African Art (2002-2016). Many have won scholarships to prestigious colleges/universities and are now active volunteers with LOT, thus giving back to their local community. Our focus this year is to target those with potential but need additional support to achieve. We are particularly keen to expand targeting mentoring support and guidance to impressionable young people and those with challenging behaviour. In order to achieve our aim we have made it our mission to engage and meet the parents to ensure that the programme succeeds and they are fully on board. There will be monthly feed back to the parents and encourage them to let us know issues we need to focus on. This could include, behaviour, attitude, schools performance, peer pressure, career choices, helping to arranging work experience, exam preparations and interview techniques. Given the COVID-19 Pandemic, some of our sessions may well take place online with our dedicated volunteers providing intense one to one mentoring and leadership support	£2,500
295	Link Age Southwark	Weekly gentle exercise group for older people at Jack Jones House.	We are seeking funds to provide a tutor so that up to 15 older people in the Rye Lane ward can continue to benefit from a gentle exercise group and feel less lonely and isolated. It's a lively and sociable group, led by an experienced tutor, with a committed set of attendees that, prior to the lockdown, was meeting weekly at Jack Jones House. The group promotes physical health and well-being by providing older residents with a weekly opportunity to exercise and socialise that would otherwise be unavailable to them. Group members were very positive about the exercise and social aspects of the group in its August 2019 evaluation with comments such as "before I couldn't stand upright, now I can", "I've had knee replacements and exercise has helped", and "If I'm here I have to exercise, I don't at home". Older people are particularly vulnerable to social isolation and loneliness as their mobility reduces, health deteriorates and family and peers move away or die. Chronic loneliness is a health risk factor comparable to tobacco, alcohol and obesity. With the outbreak of Covid-19 the tutor for this group kept in touch with all members of the group via	£2,937.50

			<p>weekly phone calls that were designed to keep them motivated to exercise. This group has also started back up again in line with Covid secure requirements and will continue to do so in line with Government guidance. Group members have welcomed the return of the physical group and it feels all the more important to keep these groups going as we move through this complex time. Our aim is to ensure that we maintain contact with all group members and keep them mobile. The group resumed face to face in September but have had to go on hold again</p>	
440	Parent Skills2Go CIC	Young, Creative and Empowered! Fun with Money matters /Creative work (Black comic production)	<p>Support the social and economic well-being of young people through a Financial literacy activities and creative comic workshops</p> <p>1. Financial Literacy: to provide around 45 minutes' online discussion topics with questions and answers – delivered on the most recent social media platform young people choose to use – making sure its local, for about 1-2 per ½ term, and 3 x 2 hour face to face finance workshops in the summer focused at helping young people with financial education and achieve financial strategies as they plan for college, university and life. This includes being able to manage a budget, save money, distinguish the difference between wants and needs, paying bills, property purchase, pay for college, investments and plan for retirement. Laying down a foundation to build strong money habits early on and avoid many of the mistakes that lead to lifelong money struggles. In Aug, 2020, 'Fun with money matters' programs were delivered to young people and the evaluation and consultation with young people revealed the the need for more support in terms of their basic understanding of money management (young people going to university wanted to understand how they could use and spend their student loans wisely etc). Moreover The Money Advice Service (MAS) estimates that 8.3 million people in the UK are in-debt and that 22% per cent adults have less than £100 in savings, making them highly vulnerable to a financial shock such as losing their job or incurring unexpected bills. This figure will have increased due to COVID-19 and there is the need to empower our young people with the necessary skills of financial literacy. The work being done by finance organisations like MyBnk is appreciated, but statistics and the covid situation are showing that a lot more can and should be done to reach young people from BAME backgrounds.</p> <p>2. Creative Art/Black comic workshop: To provide 3 online and 3 face to face workshops where more young people from BAME backgrounds can develop and improve their skills in art, drawing and writing through the production of a black comic book. In the summer of 2020 about 10 young people participated in a 3 week workshop which resulted in the premiere edition of a black comic book which will be launched in October 2020. This will provide the opportunity for more young pope to take part in the workshop and produce a second edition that will be launched during Black history month in 2021 The expected outcome is that through this avenue young people will be able to develop their imagination and creative gifts, talents and express themselves through writing and art in a fun way. . It will also give them a sense of identity and self-worth. The Objectives: To provide young people with a</p>	£5,582

			virtual space where they can download resources which they can use for art, drawing, etc. to develop and improve skills; To provide an online gallery where their works can be showcased; To provide 3 face to face summer workshops with a focus on the production of the 2nd black comic book; Have a Young people comic book launch during black History month 2021; Provide lunch alongside the activities for young people who may be vulnerable and further impacted by covid 19	
376	Peckham Platform	Youth Platform	Southwark Council's provision of our temporary gallery space at Peckham Square is set to open in March 2020/21 enabling us to continue to champion social art providing an inspirational and engaging civic space. During the crisis of the Covid-19 pandemic our Youth Platform has become an increasingly important and vital vehicle to engage with our community in a positive, supportive and creative way. Youth Platform will engage up around 30-40 young people aged 13-21 from Peckham in free creative learning activities to support them during these challenging times. Bespoke workshops and Arts Awards will be led by arts professionals and facilitators will provide hands on learning under safe conditions, in person and/or online. Our participants benefit from free access to development and training via skills based workshops to develop creative skills i.e. digital, craft and making skills, creative writing, CV writing, portfolio development and presentation skills. We undertake 'virtual' trips to meet practicing creatives which will strengthen and develop a range of creative skills and crucially expand aspirational horizons and networks. This year participants will explore issues that they identify, recently this has been around identity, wellbeing, collaboration and place. Our aim is to widen access to the arts to enable young people to develop their voice and agency. Through Youth Platform we strengthen progression routes for first generation into Higher Education and target groups of young people who do not traditionally have access to the arts. Funding will provide continuity and stability enabling us to continue our support extending our commitment to our audiences. 20-30 SEN students will receive Explore or Bronze Arts Awards which is assessed as part of the Regulated Qualifications Framework (RQF).	£4,927
575	SL Creatives Project CIC	Internship	Providing support for university students and graduates in obtaining internships and employment	£3,164
562	South London Gallery	Flavour Cravers	Flavour Cravers offers free monthly cooking sessions with local chefs for 5-16 year-olds who live locally, at the SLG Fire Station on Saturdays from 2-4pm. Children who live on the housing estates that neighbour the SLG will be invited to book a free place and they can learn from local restaurateurs and chefs how to make different kinds of food. In the past we have for example run sessions with for example local food producer Chubby Dumplings, and Bears Dough who taught the children to make vegan doughnuts. We ran the project for six months in 2018-19 and found that the children who took part learnt	£5,000

			<p>new cooking skills, increased their confidence, learnt about new cuisines and cultures that they might not have been exposed to before, and made different positive connections amongst themselves across different year groups and estates. We also found that the sessions are a productive time to generate conversations with and amongst the children and young people, an element we would like to develop. The application also includes the costs of producing a cookbook, which would incorporate recipes from all previous and upcoming sessions and an interview from each of the local food producer, and then documentation of the conversations with local children that we will have in the upcoming sessions, boosting the children's confidence when their recipes and thoughts are included in a book which will be available in the SLG shop.</p>	
468	TEARDUSK	DIGITAL DROP IN	<p>A series of online &amp; practical workshops. Providing the community the opportunity to collaborate, develop business skills &amp; express themselves creatively. Learning digital skills such as marketing and content creation, whilst improving digital inclusion, teaching local residents how to access information online. Online content will also be created with local entrepreneurial talents giving the community tips on how to start your own project. In the event social distancing is still fully in place, we will be delivering this activity solely online. The need is evident from feedback from council colleagues, local businesses and young people. Community council meetings also reinforce the need to equip members of the community with key digital skills and members of the community to be more socially integrated. The impact of coronavirus also highlights how important it is for small businesses to have a strong digital offering and online presence. Targets &amp; Milestones:</p> <ul style="list-style-type: none"> <li>• Bringing community together to collaborate &amp; showcase their work</li> <li>• Develop a workshop where members of the local community and small businesses can gain support.</li> <li>• Produce digital content which can be shared online to reach the wider community</li> </ul> <p>Positive outcomes include:</p> <ul style="list-style-type: none"> <li>• Peckham entrepreneurs accessing vital resources.</li> <li>• Local businesses &amp; Young People gaining access to digital training and support.</li> <li>• Diverse members of the community integrated, coming together to learn.</li> </ul> <p>Other projects include Local Offer, our project differs as we have a stronger focus on digital training. We also see this as an opportunity to work with organisations such as Peckham Levels and LYST who tackle youth unemployment, our aim will be to help develop more young people's soft skills.</p>	£3,970

177	The Belham Primary School	Black History Month - The Fourth Plinth	<p>Our whole school question for Black History Month is going to be centred around 'Who should be celebrated on the fourth plinth?' Linked to the empty plinth in Trafalgar Square. Each year group is going to have a focus eg. Year 6 - Art and Literature; ;Year 5 - Black Heroes of war; Year 4 - Black Leaderships ;Year 3 - Black Communities in Britain (Peckham) ;Year 2 - Local Heroes ;Year 1 - Black Steam Innovators Reception - Photography and Art ( focusing on Claudia Jones, the woman who founded the first Notting Hill Carnival) Then by the end of the week, each year group will decide who (out of the Black heroes they have studied) would they put forward to be their choice for the fourth plinth. It can be a person or something that represents the area that the year group have been studying! Each class will be planning their art, topic, PSHE, literacy lessons around their chosen topic. We are inviting virtual speakers and visitors to speak to the children, and reaching out to our local black communities. As part of the project we will be working with a local Art school to create our own 4th Plinth to be displayed in the laneway next to our school, visible to the street. It will stand alongside our collection of blue plaques celebrating local historical figures. The grant would be for making this piece or art work/sculpture designed by the children.</p>	£2,500
340	Trampoline NH CIC	Springboard (Start-up Support to New Market Residents)	<p>Aims and Objectives  Springboard is a project aimed at providing business start-up support opportunities to 15 aspiring entrepreneurs living in and around Rye Lane, who might not otherwise have access to such support. It will enable them to gain key business skills, acumen and confidence to set up, manage and grow their businesses, and make them sustainable and profitable in the long run. The project will also equip them with basic tools and knowledge needed to face the challenges of becoming a first-time entrepreneur in an uncertain socioeconomic environment. The Springboard project will provide high quality business coaching and mentoring support for confidence and motivation, support on how to identify and source start-up funding, identify and attract local trading opportunities, access to business-to-business (B2B) networking opportunities, as well as skills development training focused on: Marketing, SWOT and PEST analysis, competitor analysis, supply chain selection, hiring new staff, business ethics, compliance and regulations, and financial management;  Communication and negotiation skills; Business formation and registration. By identifying local start-ups in need of business skills support and making it available to them, we will enable members of the local community to formalise their business operations and develop flexible yet resilient business models, capable of weathering the challenges of any entrepreneurial journey, and scale up their operations within our neighbourhood. Needs: Since the easing of lockdown measures in July 2020, Market Peckham have seen new patterns of work emerging, with local residents looking for a flexible place to work in their own area, instead of commuting to an office in a different part of London. However, as a direct</p>	£4,970

			<p>consequence of the economic effects of Covid-19, it is also clear that there is a greater need than ever from some businesses and entrepreneurs (including those facing unemployment and turning to entrepreneurship as an alternative path) for support and greater opportunities. To meet this need, Market Peckham have teamed up with Trampoline NH CIC to offer a comprehensive package of business incubation support to 15 start-ups, enabling them to have access to a co-working facility and gain the skills and confidence they need to create and develop viable business models. Benefits: By offering a full package of business development support to 15 aspiring local entrepreneurs, we want to ensure they can gain crucial skills, expertise and opportunities that will afford them the best possible chance to run and grow their business, and make it financially sustainable. By the end of the support period, we anticipate that our 15 start-ups will develop marketable products / services, start selling them competitively and generate business revenues; in the long-run, this will enable them to improve their financial standings, face their financial commitments, and continue to reinvest in the business. Given they will all be based within our local area, we also anticipate this will have many additional positive 'knock-on' effects for other local people and businesses be that through employment, collaboration, partnership or otherwise.</p>	
299	Dream Believe Achieve (DBA) CIC	DBA Community Engagement Project (11-16s)	<p>Through ongoing consultations with our beneficiaries, schools, tenants and residents associations we have established common disadvantages our community of youths are facing. These include a lack of free support services, engaging activities, 1:1 mentoring assisting individuals in overcoming boundaries hindering progression and fulfilment. Also, low self-confidence, a rise in mental conditions and isolation heightened by the pandemic. Moreover, high levels of poverty, a lack in pivotal life skills and being less informed in sensitive areas including mental health, child abuse, peer pressure, street crime, dangers of social media, drug, alcohol misuse, sexual health awareness. Our proposed therefore seeks to address this need. Our project aims to empower and provide more opportunities to disadvantaged youths from low socioeconomic households, with little to no support services and beneficial activities available to them. We seek to increase access to free positive engaging activities and support services ( delivering a variety of free, innovative, customised, highly engaging 1:1 mentoring and community group workshops )to reduce youth engagement in delinquent and criminal activity. Moreover, we aim to aid our service users personal and social development, unlocking and nurturing their talents. We also seek to increase life skills, self-confidence, wellbeing and equip service users with an array of positive coping mechanisms. Finally, we seek to raise more awareness on important, sensitive topics including mental health, child abuse, FGM, sexual violence, domestic violence, peer pressure, gang, street crime, drug and alcohol misuse.</p>	£3,617.98



393	Big Local Works	Big Local Works	<p>Big Local Works is a local charity providing essential services to the local community including preparing residents with key skills for employment, providing free 1-2-1 benefit and welfare support for Southwark Residents and supporting enterprise. The project is called Here for Work. Big Local Works will hold monthly Employability Skills and Support courses. BLW has delivered similar programs previously however each year, we commit to learning from the data collected from each course and improve upon what we deliver to residents. Therefore, our next courses will be delivered in a new format. The feedback we received from participants has always highlighted the need for more 'one to one' and mentoring support with job search and employment plans. This is the most valuable support in moving towards the workplace. Our new course will follow the format of two days of intense training, followed by, up to five days, of one to one support per group. Each participant will have the opportunity to engage with an employment mentor to research, review and get the required support to apply and obtain local jobs. We have found this to be absolute crucial to complement the employability skills training. The skills that will be covered during the training include: CV Writing; Job Searching; The Application and Interview Process; Effective Communication; The Importance of Professionalism; Team Work; Conflict Management/Resolution. Our immediate neighbourhood is in the top 10% most deprived in the country. This is much of the same for surrounding areas in Southwark, with large pockets of social housing. The Covid-19 crisis will most defiantly affect our community for the next few years to come, with people who live in the poorest area to suffer the most, with loss of jobs and benefit cutbacks. This outlines the need for a course like ours that will produce sustainable change in people's lives by empowering residents with the skills and information to apply for and obtain local, well paid and sustainable jobs. This course is designed to empower and provide the participants with all the skills and confidence needed to be successful in obtaining sustainable employment. The training and the employment support means that we can deliver a credible pathway for local residents to get closer to employment. We believe this training will result in genuine life changing skills and support for local residents to get back in to positive and productive work. Not just any work but well paid and secure jobs that deliver positive economic opportunities for local people.</p>	£4,250

## Peckham Rye WARD

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525	Brokenhome	Brokenhome	Social engage teenagers from broken homes in the areas above to offer support, mentoring, access to available mental health services in their area, working with parents to engage and communicate with their kids.	£16,000
372	Cooperative Planters	Peckham Flower Show	In 2016, the Cooperative Planters began with 2 people. Our group took a small area and changed it into a communal garden that is used by hundreds of people per year. Not only did we revitalise an area of land that had long been neglected, but we also brought a community of people together to share in the power of plants and flowers to bring joy and levity. We were also successful in securing Council funding and partnership for the 2021 Peckham Flower Show for 2021, and are delighted that this event has already generated such enthusiastic involvement from small businesses, local and national media, local government and, of course, the local community. The Cooperative Planters is seeking funding to continue the positive momentum of the Peckham Flower Show so we can run the event again in 2022, and bring the joy of flowering plants supporting human wellbeing and sustainability to the local area and the local community. On national and international levels, flower shows are a tremendous way to bring communities together around positive and healthful experiences, while simultaneously enhancing Peckham's reputation as an area that represents health, wellbeing, community, and successful local business. In addition, flowering and greening plants do much to promote human health and wellbeing amongst both the young and elder generations. As this event showcases the innovations and wide varieties of flowering plants, we have decided to create the event as a hybrid online and in-person experience. It is intended to have both a micro and macro impact. On the micro-level, will stimulate local businesses all around the region by increasing footfall in the surrounding area. In addition, the event will	£11,820

			also encourage local people to the event to engage with community members on the health-giving properties of flowering plants. On a macro level, the local and national media coverage would be an excellent vehicle in enhancing the reputation of Peckham as a prominent area for health, wellbeing and city-greening innovation.	
380	Digital Mindfulness	Digital Wellbeing in Schools Project	As part of its focus on digital wellbeing within the education system, Digital Mindfulness intends to enhance support to teachers, trainers and young people on their interactions with social and digital media. The issues of online intimidation and harassment of councillors are on the increase, as the volume and veracity of anonymous and persistent abuse, threats and intimidation are significant causes for concern. At Digital Mindfulness, we believe that educators, education systems and young people are on the front line of such behaviour on a daily basis and require meaningful resources to deal adequately with them. The various resources we propose to create will provide tools and techniques to mitigate online intimidation, digital citizenship, online safety, security and countering the spread of misinformation, Digital Mindfulness proposes the creation of interactive visual and text-based resources that focus on enhancing digital safety and security, digital citizenship, and dealing with misinformation for both students and educators. Digital Mindfulness would bring to this project the latest academic and industry expertise to create these resources, leveraging our extensive global skill, and knowledge networks to deliver an outstanding experience. The resources would be interactive so it can be made available on school websites'. By including the latest thinking and research-based resources on the above topics, students and educators can rest assured they have access to truly innovative and impactful tools and techniques. In addition, Digital Mindfulness proposes the creation of new/updated Rules of Engagement Models that provide clear and actionable guidelines to address intimidation, digital citizenship, online safety, security and misinformation. The models will focus on providing a robust framework of support for educators and students, so they are aware of the most effective and forms of engaging online that mitigate negative behaviour.	£5,467.44

301	Isha Foundation	Isha Foundation: Online Yoga Sessions for Southwark	<p>To varying degrees, all of our lives have been challenged by COVID-19. With the Royal College of Psychiatrists warning that mental illness will be “the second pandemic”, it’s imperative that practical tools to nurture mental and physical wellbeing are readily available. The Isha Foundation’s renowned yoga and meditation sessions offer simple, accessible practices to empower participants to take charge of their mental and physical health, from their own homes. Our project aims to contribute to a system of holistic support for the wellbeing of the Southwark Community during these challenging times, by providing 18 free online yoga and meditation sessions over one year. Throughout the lockdown period, we established ourselves as a key support for the wellbeing of the Southwark community, offering online sessions through funding from four of Southwark Council’s COVID-19 Community Grants. This project would further this support, and also act as a continuation of the online sessions currently being offered to Southwark via our previous Neighbourhoods Fund project: ending on March 31st 2021. We are conscious that community mental and physical wellbeing support will be needed both during and after the pandemic. The Isha Foundation’s online sessions last for one hour and bring together participants of all ages, ethnic groups and physical ability. By participating, residents create and reinforce community ties. All programmes provide an inclusive, joyful, stress free inner climate that positively impacts the wider community. The workshops are taught by trained teachers, on an accessible scientific basis, providing exercises that are easily incorporated into hectic modern routines, empowering all. Post session support is offered by our teachers; guiding participants through the practices they will learn in the sessions. We also offer a mobile app containing videos and a rich variety of supportive content to help participants keep up with the practices. The Isha Foundation is a volunteer run, non for profit organisation providing holistic answers to physical and mental wellbeing through the science of Yoga. Until August 2020 our centre on Silex Street provided both wellbeing support and volunteering opportunities for the Southwark Community. Located in St George’s ward, our centre was also offered for community projects such as ‘Blackfriars Stories: Waves of Wonder’ in 2019. Due to financial constraints caused by the pandemic, we had to close its doors in June 2020. We continue to provide support on an online basis. Since the pandemic started, our online sessions have supported over 12,000 people from the UK. Prior to the pandemic, we had also supported the Southwark community by offering sessions for Kings College Hospital, VAULT, Lambeth and Southwark Diabetes group and LSBU. During the pandemic we have conducted a series of sessions for Su Mano Amiga, and have connected directly with Alzheimer’s Society Southwark, The Nest, Groundwork London, Home Start Southwark and Hope for the Young; offering our support to their service users. We intend this project to further these initiatives and build engagements with organisations across the multi ward area. Our website: <a href="https://www.ishayoga.eu/">https://www.ishayoga.eu/</a></p>	
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612	Friends of Peckham Rye Park	Friends of Peckham Rye Park Summer Fete	<p>The annual Peckham Rye Park Summer Fete brings together the local communities of Peckham, Nunhead and East Dulwich. It offers a free day out for people of all ages and seeks to create a sense of identity and belonging for the many and diverse users of the Park and Common. It is accessible with free activities (Punch and Judy, traditional games, dog show, children's fancy dress) and prices at the Friends' Tea Tent are kept low to be affordable for families and individuals on low incomes.</p> <p>The Fete is a unique and much-loved event. It helps to build community cohesion and enhances individual well-being by bringing people to the Park and Common and giving them information about activities that they can do there. The event gives enjoyment to all members of the community. The event could not be held in 2020 and many local residents have told us how much they missed it.</p> <p>Many local organisations and groups are involved (police, Fire Service, Friends of Nunhead Cemetery, Peckham Vision, the park management, maintenance contractors) who welcome the chance to engage with local people and show what they are doing. The Fete takes 4-5 months to prepare and this actively involves people from community organisations, local businesses and producers and local volunteers. All profits go towards supporting projects within the Park and Common such as the Community Wildlife Garden and The Fernery, which bring further benefits for the local community.</p>	£1,838.50
299	Dream Believe Achieve (DBA) CIC	DBA Community Engagement Project (11-16s)	<p>Through ongoing consultations with our beneficiaries, schools, tenants and residents associations we have established common disadvantages our community of youths are facing. These include a lack of free support services, engaging activities, 1:1 mentoring assisting individuals in overcoming boundaries hindering progression and fulfilment. Also, low self-confidence, a rise in mental conditions and isolation heightened by the pandemic. Moreover, high levels of poverty, a lack in pivotal life skills and being less informed in sensitive areas including mental health, child abuse, peer pressure, street crime, dangers of social media, drug, alcohol misuse, sexual health awareness. Our proposed therefore seeks to address this need. Our project aims to empower and provide more opportunities to disadvantaged youths from low socioeconomic households, with little to no support services and beneficial activities available to them. We seek to increase access to free positive engaging activities and support services (delivering a variety of free, innovative, customised, highly engaging 1:1 mentoring and community group workshops) to reduce youth engagement in delinquent and criminal activity. Moreover, we aim to aid our service users personal and social development, unlocking and nurturing their talents. We also seek to increase life skills, self-confidence, well-being and equip service users with an array of positive coping mechanisms. Finally, we seek to raise more awareness on important, sensitive topics including mental health, child abuse, FGM, sexual violence, domestic violence, peer pressure, gang, street crime, drug and alcohol misuse.</p>	

393	Big Local Works	Big Local Works	<p>Big Local Works is a local charity providing essential services to the local community including preparing residents with key skills for employment, providing free 1-2-1 benefit and welfare support for Southwark Residents and supporting enterprise. The project is called Here for Work. Big Local Works will hold monthly Employability Skills and Support courses. BLW has delivered similar programs previously however each year, we commit to learning from the data collected from each course and improve upon what we deliver to residents. Therefore, our next courses will be delivered in a new format. The feedback we received from participants has always highlighted the need for more 'one to one' and mentoring support with job search and employment plans. This is the most valuable support in moving towards the workplace. Our new course will follow the format of two days of intense training, followed by, up to five days, of one to one support per group. Each participant will have the opportunity to engage with an employment mentor to research, review and get the required support to apply and obtain local jobs. We have found this to be absolute crucial to complement the employability skills training. The skills that will be covered during the training include: CV Writing; Job Searching; The Application and Interview Process; Effective Communication; The Importance of Professionalism ; Team Work; Conflict Management/Resolution. Our immediate neighbourhood is in the top 10% most deprived in the country. This is much of the same for surrounding areas in Southwark, with large pockets of social housing. The Covid-19 crisis will most defiantly affect our community for the next few years to come, with people who live in the poorest area to suffer the most, with loss of jobs and benefit cutbacks. This outlines the need for a course like ours that will produce sustainable change in people's lives by empowering residents with the skills and information to apply for and obtain local, well paid and sustainable jobs. This course is designed to empower and provide the participants with all the skills and confidence needed to be successful in obtaining sustainable employment. The training and the employment support means that we can deliver a credible pathway for local residents to get closer to employment. We believe this training will result in genuine life changing skills and support for local residents to get back in to positive and productive work. Not just any work but well paid and secure jobs that deliver positive economic opportunities for local people.</p>	
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410	LITTLE PEOPLE'S WORLD	2021 SUMMER TRIPS FOR FAMILIES WITH YOUNG	<p>One key aspect of Little People's World (LPW) activities as a voluntary organisation is the provision of mini trips and a major trip during the Easter and summer holidays. Unfortunately, in 2020, the covid pandemic limited this aspect of our activities. There was only one major trip with social distancing rules in place; this resulted in a large number of families missing out because of the lock down and social distancing. LPW will like to provide the opportunity for families with young children and young adults</p>	£4,990
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		CHILDREN	<p>from deprived backgrounds who may also have become more vulnerable due to covid-19, to go on mini trips and a major trip during the 2021 summer school holidays.</p> <p>The mini and major trips will help in</p> <p>Reducing isolation building social and community cohesion and skills</p> <p>Contribute to the reduction of learning loss and promote to the learning of young people</p> <p>In August 2021 depending on the modified Covid rules, we will work with a coach company to spread the trip over two days instead of one day to a theme park, beach, mini local trip or to historic places.</p>	
162	London Senior Social	Stay Fit and Connected	<p>During the height of Covid-19 pandemic London Senior Social has been at ground zero supporting over 250+ older people and low income families, especially from the BAME community with hot meals and essential items. Older people have given feedback to us, that the lack of knowledge to use digital tools, their level of isolation was very unbearable and were unable to stay in contact during their long period of shielding and mandatory self-isolation this had a negative and debilitating effect on their mental and physical wellbeing. Staying Fit and Connected aim to fill the gaps highlighted by older people directly affected by Covid -19 pandemic, to equip them, to stay connected with basic IT support, rebuild their confident to access relevant and varied support online, within their community in a timely manner. This project aims is to removed feeling of uncertainty and intimidation, to go online during a plan or unplanned social distancing measures, enabling participants to use their smart phones devices/tablets, to be stay connected though what app, zoom, or send email or simple text messages to families, friends, manage their GP surgeries booking, irrespective if this become our new norm, they will be prepared to use online platforms to access services, families and friends. Best suited to manage their own mental and physical wellbeing, stay connected, manage appointments, join other social groups online, meeting or catch up with friends and families on social media are the targeted outcome for this project..</p>	£4,400
306	Plastic Free Peckham	Plastic Free Peckham	<p>Plastic Free Peckham is a volunteer group working with local residents, small business owners and schools to reduce plastic pollution in Peckham. Plastic waste can be seen on every street, park and green space in Peckham. Not only does this affect community appreciation of the local natural environment but the production and breakdown of plastic has a carbon footprint, which Southwark must seek to reduce by educating residents about the impact of the plastic they buy, encouraging a reduction in plastic production through reduced consumption, and reducing plastic litter in our green spaces. As plastic breaks down in the natural environment it releases harmful greenhouse gases such as methane and ethylene which affects local air quality whilst microplastics affect local biodiversity. Over 100,000 animals die globally per year from ingesting or entanglement with plastic. Community: We will deliver monthly community clean ups, bringing people from different backgrounds together in shared green</p>	£4,978

			<p>spaces, promoting respect and consideration for each other and our local environment, engaging real people and affecting real change, creating civic pride and promoting behaviour change in local communities. We will offer volunteering opportunities for local residents to improve their local area, spend positive time in local green spaces and urban areas and encourage people to spend time outside and increase their sense of civic duty and community spirit.</p> <p>Businesses: We will run a pilot project with ten small businesses of different types, across three Southwark wards (Rye Lane, Peckham Rye and Nunhead &amp; Queen's Road) taking them on a sustainability journey to educate and inform business owners about the impact of plastic pollution on local spaces and globally, and help them to make more informed and sustainable choices which benefit the local community. We will focus on Building Back Better in light of the Covid-19 crisis, and help businesses to plan for a greener recovery. Our workshops will inform them about the Circular Economy, Carbon Literacy and the UN's Sustainable Development Goals and how these apply to small businesses. The data from this pilot will be collated for the potential future development of an app to track business carbon emission savings. Case studies will be created showing how each business has improved its carbon footprint over the course of the six months - these will be made available to Southwark to share with other small businesses across the Borough. Schools: We will deliver remote assemblies in schools to raise awareness and drive behaviour change in young people, helping them to feel pride in local spaces and engage with their local community.</p> <p>Benefits: Benefits to the local residents of Southwark include: a reduction in litter (plastic and other); increased community spirit; motivation to live more sustainably; sustainability case studies for small business owners across Southwark.</p>	
461	TBC (Martin Koder)	Peckham Rye Community Cricket Day 2021	Peckham Rye Community Cricket Day 2021 would promote inclusion, diversity and participation in cricket among local residents, especially children. Complementing the recent installation of cricket nets (and the CGS bid for an artificial playing strip) a showcase cricket fun day would attract more people to the sport and to use the new facilities in the park specifically, focussing especially on those within target growth groups (i.e. female and BME players).	£2,500
259	Sweissy Union	Eat Healthily and exercise to lose weight	The project is designed to achieve health improvement through exercise and healthy eating classes; it is needed to reduce the growing obesity in our Borough, it will benefit residents by being fit to reduce or eradicate the impact of COVID-19 on individuals which some have underlining conditions.	£4,880



**Nunhead & QR WARD**

<b>Ref:</b>	<b>Name of your group:</b>	<b>Name of your projector Idea:</b>	<b>What project is trying to achieve?:</b>	<b>Amount requested [£]</b>
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525	Brokenhome	Brokenhome	Social engage teenagers from broken homes in the areas above to offer support, mentoring, access to available mental health services in their area, working with parents to engage and communicate with their kids.	£16,000
372	Cooperative Planters	Peckham Flower Show	In 2016, the Cooperative Planters began with 2 people. Our group took a small area and changed it into a communal garden that is used by hundreds of people per year. Not only did we revitalise an area of land that had long been neglected, but we also brought a community of people together to share in the power of plants and flowers to bring joy and levity. We were also successful in securing Council funding and partnership for the 2021 Peckham Flower Show for 2021, and are delighted that this event has already generated such enthusiastic involvement from small businesses, local and national media, local government and, of course, the local community. The Cooperative Planters is seeking funding to continue the positive momentum of the Peckham Flower Show so we can run the event again in 2022, and bring the joy of flowering plants supporting human wellbeing and sustainability to the local area and the local community. On national and international levels, flower shows are a tremendous way to bring communities together around positive and healthful experiences, while simultaneously enhancing Peckham's reputation as an area that represents health, wellbeing, community, and successful local business. In addition, flowering and greening plants do much to promote human health and wellbeing amongst both the young and elder generations. As this event showcases the innovations and wide varieties of flowering plants, we have decided to create the event as a hybrid online and in-person experience. It is intended to have both a micro and macro impact. On the micro-level, will stimulate local businesses all around the region by increasing footfall in the surrounding area. In addition, the event will also encourage local people to the event to engage with community members on the health-giving properties of flowering plants. On a macro level, the local and national media coverage would be an excellent vehicle in enhancing the reputation of Peckham as a prominent area for health, wellbeing and city-greening innovation.	£11,820

380	Digital Mindfulness	Digital Wellbeing in Schools Project	<p>As part of its focus on digital wellbeing within the education system, Digital Mindfulness intends to enhance support to teachers, trainers and young people on their interactions with social and digital media. The issues of online intimidation and harassment of councillors are on the increase, as the volume and veracity of anonymous and persistent abuse, threats and intimidation are significant causes for concern. At Digital Mindfulness, we believe that educators, education systems and young people are on the front line of such behaviour on a daily basis and require meaningful resources to deal adequately with them. The various resources we propose to create will provide tools and techniques to mitigate online intimidation, digital citizenship, online safety, security and countering the spread of misinformation, Digital Mindfulness proposes the creation of interactive visual and text-based resources that focus on enhancing digital safety and security, digital citizenship, and dealing with misinformation for both students and educators. Digital Mindfulness would bring to this project the latest academic and industry expertise to create these resources, leveraging our extensive global skill, and knowledge networks to deliver an outstanding experience. The resources would be interactive so it can be made available on school websites'. By including the latest thinking and research-based resources on the above topics, students and educators can rest assured they have access to truly innovative and impactful tools and techniques. In addition, Digital Mindfulness proposes the creation of new/updated Rules of Engagement Models that provide clear and actionable guidelines to address intimidation, digital citizenship, online safety, security and misinformation. The models will focus on providing a robust framework of support for educators and students, so they are aware of the most effective and forms of engaging online that mitigate negative behaviour.</p>	£5,467.44
301	Isha Foundation	Isha Foundation: Online Yoga Sessions for Southwark	<p>To varying degrees, all of our lives have been challenged by COVID-19. With the Royal College of Psychiatrists warning that mental illness will be “the second pandemic”, it’s imperative that practical tools to nurture mental and physical wellbeing are readily available. The Isha Foundation’s renowned yoga and meditation sessions offer simple, accessible practices to empower participants to take charge of their mental and physical health, from their own homes. Our project aims to contribute to a system of holistic support for the wellbeing of the Southwark Community during these challenging times, by providing 18 free online yoga and meditation sessions over one year. Throughout the lockdown period, we established ourselves as a key support for the wellbeing of the Southwark community, offering online sessions through funding from four of Southwark Council’s COVID-19 Community Grants. This project would further this support, and also act as a continuation of the online sessions currently being offered to Southwark via our previous Neighbourhoods Fund project: ending on March 31st 2021. We are</p>	£5,130

			<p>conscious that community mental and physical wellbeing support will be needed both during and after the pandemic. The Isha Foundation's online sessions last for one hour and bring together participants of all ages, ethnic groups and physical ability. By participating, residents create and reinforce community ties. All programmes provide an inclusive, joyful, stress free inner climate that positively impacts the wider community. The workshops are taught by trained teachers, on an accessible scientific basis, providing exercises that are easily incorporated into hectic modern routines, empowering all. Post session support is offered by our teachers; guiding participants through the practices they will learn in the sessions. We also offer a mobile app containing videos and a rich variety of supportive content to help participants keep up with the practices. The Isha Foundation is a volunteer run, non for profit organisation providing holistic answers to physical and mental wellbeing through the science of Yoga. Until August 2020 our centre on Silex Street provided both wellbeing support and volunteering opportunities for the Southwark Community. Located in St George's ward, our centre was also offered for community projects such as 'Blackfriars Stories: Waves of Wonder' in 2019. Due to financial constraints caused by the pandemic, we had to close its doors in June 2020. We continue to provide support on an online basis. Since the pandemic started, our online sessions have supported over 12,000 people from the UK. Prior to the pandemic, we had also supported the Southwark community by offering sessions for Kings College Hospital, VAULT, Lambeth and Southwark Diabetes group and LSBU. During the pandemic we have conducted a series of sessions for Su Mano Amiga, and have connected directly with Alzheimer's Society Southwark, The Nest, Groundwork London, Home Start Southwark and Hope for the Young; offering our support to their service users. We intend this project to further these initiatives and build engagements with organisations across the multi ward area. Our website: <a href="https://www.ishayoga.eu/">https://www.ishayoga.eu/</a></p>	
541	Acorn Tenants and Residents Association	Workshops and Professional Fees to do Trainings	First Aid Training; Parenting; Exit from gang - mental health first aid	£4,950

182	ARARA (Astbury Road Area Residents Association)	ARARA Community Creatives and Arts Skills Exhibition	<p>During Covid-19, we organised projects to get the community involved, to help reduce social isolation, and help with mental health and well being. Projects included, Capture the Moment which asked for the community to take photos and video clips of their surroundings, Drawing and Colouring project, Decorating Facemasks project, Various Gardening projects and competitions such as Summer Garden Competition, Sunflower Competition, Maintain your neighbourhood tree, window boxes, front gardens and hanging baskets. We expect the outcomes from these and our other recent projects such as knitting, crochet, art, drawing classes to be included. Plus we hope to attract local artists to share and display their art works. We will also project images of the art works submitted onto appropriate wall spaces in our catchment area to increase exposure, publicity and awareness.</p> <p>If Covid-19, NHS and Social distancing guidelines prevent a physical exhibition to be displayed in the local venues identified earlier in this application, we will organise an online virtual exhibition instead, also the projection images - and will include zoom meetings for people to talk to the artists, and members of the community.</p> <p>We have built up a partnership with the Multi-Story Orchestra and plan to collaborate with them again on this project. We have applied for funding from Southwark (Getting Involved Grants) GIG 2020/21 to support our Community projects which will include outcomes, creative works, products, drawings, paintings etc that will become part of the exhibition - we have not received the outcome of the funding application yet.</p>	£4,999.98
353	Brimtonroy Tenants & Residents Association	After School Club	<p>We are in a community with more than 200 primary school children attending more than 20 schools spread in and around our districts. Majority of these children are facing the same dilemma of lower grades in the national school exams in KS1; KS2; and GCSE, especially in Maths, English and Sciences. Therefore Management Committee consulted with members of the community in identifying projects needed to enhance the improvement of lives within our community. Three areas of need were identified for intervention as follows: Ways to:-</p> <ul style="list-style-type: none"> <li>Improve performance of our children in education.</li> <li>Help with those unemployed</li> <li>Enhance quality of life for our women and mothers.</li> </ul> <p>The subjects taught are based on "The National Curriculum in England" for Key stages 1 and 2 framework document.</p> <p>The project offers a threefold benefits to the Children; Parents and Community.</p> <p>The Children: -</p> <p>The outcome promotes improved performance in Maths, English and Sciences, making better</p>	£4,800

			<p>results in the KS1; KS2; GCSE.</p> <p>Better education enhances employment and career prospects.</p> <p>Better education improves quality of life and standard of living</p> <p>The Parents: -</p> <p>Guaranteed facility to provide children with extra tutorials needed to improve their performance in education.</p> <p>Children would obtain good grades in education generally matching the desires of the parents.</p> <p>Improved job and career prospects equally benefiting the parents</p>	
362	Brimtonroy Tenants & Residents Association	Brimtonroy Football Club	<p>The project is a youth Football Club that brings all youth within the community to engage in football. This is one positive after school project that takes the young once off the street and into a positive activity. This fosters friendly relationship among the youth and eradicates youth crime and violence thereby encouraging building a friendly and crime free community</p>	£3,600
408	Brimtonroy Women Forum	Womens Forum	<p>The project aims to empower women especially mothers within our community.</p> <p>To teach them how to bake and cook economically.</p> <p>To teach women basic skills of Sewing.</p> <p>To teach women basic skills of Home Management.</p> <p>A good number of our women are struggling with managing their homes. After raising children, some find it difficult to go back into work. These courses will equip them with necessary skills to find jobs after completing the course</p>	£3,360
479	Cooking Against Crime	Cooking Against Crime	<p>“Cooking Against Crime” project aims to encourage young people within the community involved in crime or at the risk of offending to find alternatives to crime and to engage with each other in positive constructive ways. There will be a set of healthy cooking workshops with the young people in my local community. This involves me demonstrating different ways of cooking different dishes, as well as teaching them basic food hygiene and about health and safety issues. The project has been a huge success in the past. The young people have and will also benefit from this project as not only will the project keep them off the streets and get them involved with cooking, but also it will teach them with an important and basic life skill with is knowing how to</p>	£4,180

			cook.	
305	Cossall Tenants and Residents Hall	Cossall Family Christmas	The Cossall Family Christmas was a huge success last year and we would like to do it again in 2021. Many from the estate attended which gave families a chance to come together as a community. Elderly from the Cossall sheltered housing also enjoyed the festivities.	£1,500
310	Friends of Cossall Park and Kirkwood Nature Reserve	Grow Cossall Gardening Support Project	The project is to support gardeners who are elderly or disabled. We would like to offer help and advice, along with tools, compost, plants and seeds.	£1,000
436	Ivy Group - Nunheads Voice	Welcome Wednesdays and Wellbeing Thursdays	The project is trying to achieve two main lines of outcome for elderly (over 55) residents in Nunhead & Queens Road & Lane wards. Firstly there is a programme of wellbeing activities concentrating on mobility issues, strengthening exercises and fall prevention. Regular offer of exercising exercises make people better at managing their long term health conditions, making them more self-sufficient and use the primary care services less. This is also supported via local GP surgery and social prescribing model. Secondly, a wide range of social interaction opportunities and opportunities and related activities encourage people to get out and about and meet regularly. This is especially effective in combatting isolation and reducing anxiety and	£5,680

			<p>depression. The need is demonstrated by collected annual questionnaires in which Ivy Club members tell us how useful the club is for them as well as what other needs they have, that the club could address. The club also increases access to art, art activities, music, celebration and films. During the period of time the Centre was closed we continued to provide opportunity for social interaction, welfare and need checks by phone, and through at distance door-step visiting. This gave the opportunity to offer lunch, small gifts, supplies, activity materials and a book, video and DVD swap service. And to stop for a chat. In the event of us returning to a lock down situation, these activities would be put into place. Since lockdown has been eased we have invited the more mobile members who are not shielding to accompany us on the doorstep visits, giving opportunity for increased exercise and social interaction. Activities have resumed, although classes are smaller, taking into account for social distancing and additional classes are held for more popular activities. We also support members to access other services /resources as necessary, and to stay in contact with each other through phone tag, or chat challenge exercises. We have demonstrated that the activities of the Ivy Club can be adapted to take circumstances beyond our control into account. This will be an ongoing consideration for the foreseeable future.</p>	
323	John Donne Primary School	The JDPS Xpression Sessions	<p>The aim of Xpression Sessions is to improve mental health of pupils using rap workshops delivered by real rap artists. John Donne Primary is a state funded academy, with a catchment covering much of Nunhead &amp; Queen's Road ward and beyond. Southwark has a high rate of serious youth violence where the victim is aged 10-21 (4.0-4.9 average in 2018, GLA London Landscape). Of its 430 pupils, 52% speak English as an additional language, 44% qualify for Pupil Premium and 90% are BAME Londoners. The mental health of children has suffered as a consequence of lockdown/covid-19, with many showing signs of anxiety, trauma and stress. Inspired by its sister school, Goose Green Primary, which is introducing Xpression Sessions in November 2020, JDPS wishes to use the same model to provide mental health support for its pupils in 2021. The school's dedicated learning mentors have found that performing rap has helped some pupils relieve anger and complicated feelings and decrease disruptive behaviours. Rap Therapy, founded by rap artist Bhishma Asare, has a proven track record using "conscious rap" as a behavioural intervention for children. Their mentorships and rap workshops in schools help put young people back "on the right path" and avoid crime or social tragedy. Xpression Sessions will engage children and teach them new skills to turn negative emotions into positive outcomes. We will run 7 back-to-back 4-week programmes for groups of 6 over the course of 2021-2022. Young people who complete the project will gain coping mechanisms for stress triggers, a sense of belonging, self-worth, resilience and a fully produced piece of recorded</p>	£4,975



			music. They will be less likely to make poor choices which could lead to crime or exclusion. After each 4-week programme, the target is to improve mental health scores in all pupils involved.	
293	Link Age Southwark	Exercise group for older people at Lime Tree House and Exercise group for older people at St. Mary's Church	<p>We are seeking funds to provide professional tutors so that up to 30 older people in the ward can continue to benefit from two activity groups and feel less lonely and isolated.</p> <p>Prior to the lockdown the 'Silver Trees' group met weekly for 2 hours at Lime Tree House. The group alternates between gentle chair-based exercise one week with a professional tutor followed by an art/craft activity the following week. The majority of group members are residents. Following the lockdown the tutor for this group has offered an online exercise session and has been dropping off arts and crafts packs to group members in order to maintain her contact with the group. 'Golden Oldies' took place weekly at St. Mary's Church. It's a very sociable, friendly group where members enjoy gentle chair-based exercise with a professional exercise tutor. The volunteer and tutor who run this group have maintained contact with group members via regular telephone calls and the tutor is offering online sessions on a weekly basis to any service user who has digital access. The groups promote physical health and well-being by providing older residents with a weekly opportunity to exercise and socialise that would otherwise be unavailable to them. Older people are particularly vulnerable to social isolation and loneliness as their mobility reduces, health deteriorates and family and peers move away or die. Chronic loneliness is a health risk factor comparable to tobacco, alcohol and obesity. The outbreak of Covid-19 has heightened the importance of our groups. The groups bring older people together to offer peer support and access to specialist, qualified tutors provided by a trusted local provider. We have recently recruited a Groups and Events Coordinator who is working with us to help us develop Covid secure sessions that would assist us to have both of these groups back up and running when Government restrictions permit.</p>	£4,625

325	LITTLE PEOPLE'S WORLD	2021 Easter & Summer holiday activities	<p>Little People's World (LPW) aim is to promote social, economic and positive well-being for families in the community during school holidays. To provide holiday activities and continue to learn about healthy eating skills development, for social inclusion and tackling food insecurities for families with young children (under12) via a hub or online. To provide volunteering opportunities for training and employment. Duration: one week in Easter and three weeks in the summer. The activities will include arts and crafts, healthy cooking, local walks, music &amp; dance workshops, games, sports, etc. Restructuring and cuts to children's centres have led to increase in child safety referrals with more families being socially isolated and an increase in demand for support from faith and community groups. Little People's World has had success in reaching families that need extra support by working with other service providers on projects to do collaborative work, such as Southwark Family Learning, Margaret's Music LTD and local Children's Centre. In 2020 due to covid-19, LPW was able to map out an alternative delivery model whereby we support families with fun family learning activities and food within the home setting. This model will include providing resource packs and online activities e.g. arts and crafts, pottery making, storytelling, music etc. that families can engage with during the holiday in their homes rather than the hubs. This new model was a success during the 2020 Easter period with the help of our local volunteers. We hope to continue with this model in Easter and summer holidays of 2021 due to covid-19. We therefore aim to: -Provide healthy meals alongside the resource packs especially for families who may be entitled to free school meals with no access to this during the school holidays. We plan to get these resources across to families through a mix of drop offs in Peckham/Nunhead and a pickup hub for parents in Nunhead. We also believe we will be able to deliver face to face sessions in and outside community centres Deliver online/zoom activities including pottery, storytelling, music, etc. Provide an opportunity for parents with young children to engage and bond with their children through the family learning activities. Provide an avenue for parents and young people to volunteer and develop their confidence and team building skills in preparation for the workplace, school or other programs. Some parents' feedback from 2020 holiday activities: "The program was awesome; it helped me to get creative with my children and improved my son's confidence in using scissors. Overall, we enjoyed the time spent as family doing the activities". "Really impressed that in spite of Covid that we could still do something. The food was lovely, it save me from worrying about my kids' lunch, and it also saved my food stuff for me"</p>	£5730
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396	Millwall Community Trust	Millwall Walking Sports Club	<p>Millwall Community Trust will provide free open access weekly sports activities for 48 weeks and 2-day trips for a full year funded programme. The Millwall Walking Sports Club has run for over three years in Southwark and has been successfully delivered in many different settings and locations such as TRA halls, community and leisure centres, estate ball courts, parks and Guys Hospital. The programme helps bring older people from different backgrounds together through taking part in fun walking sports activities which also helps reduce stress, isolation and loneliness. The activities help support older people who are currently inactive and supports those with two or three limiting long-term health conditions, including dementia, mental health, limited mobility to stay fit and healthy. 30 minutes before each activity, refreshments are provided along with local newspapers to encourage individual and open table conversations. The structured sports activities include the use of throwing, catching, rolling and striking the ball techniques which provide participants to have fun, stimulate the mind, develop balance and hand-eye coordination. The weekly sessions help take away the stress for those living with someone who has dementia for the time they are at the programme which is often all they might normally get. Weekly telephone conversations also help regular communication going which reduces people feeling lonely away from the sessions.</p>	£5,010
143	Peckham and Nunhead Free Film Festival	Peckham and Nunhead Free Film Festival 2022	<p>There were 71,552 residents living in the Peckham and Nunhead Community Council (Census 2011). Peckham and Nunhead have the highest proportion of benefit claimants in the Borough (17%) above the national average of 14%. Our free events are accessible to everyone in the community. Cinema ticket prices have risen over 25% in the past 6 years and gone far above inflation over the past 30. The cost of taking a family of four to the cinema which may be £50 or more and taking the same family to a similar outdoor film experience run by a commercial company would cost around £95. Peckham and Nunhead Free Film Festival is as much about community as it is about film. Using the power of film to cross boundaries, raise awareness and bring people together. The festival is entirely run by volunteers with a commitment to the SE15 area. Our events allow people to discover new community venues and resources too, watch a film in a park, shop, or community space is an opportunity to experience venues in new ways, and to celebrate SE15. Our aims are:</p> <ul style="list-style-type: none"> <li>• Community cohesion: bringing together a wide range of local residents and local groups (reflecting the diverse demographic of the area) through film screenings</li> <li>• Skills development: run projection workshops and film making</li> <li>• Intergenerational working: bringing together people of different ages with a shared interest in films</li> <li>• Support local film making: opportunities for filmmakers to reach wider audiences</li> </ul>	£10,295

130	The Music Klub Project	Minds and Melodies	<p>We intend to deliver a project for young people who are at risk of reoffending entitled 'Minds and Melodies'. 'Minds and Melodies', is a project encourages young people to understand themselves and how to build their own personal brand. Providing participants with a well-defined understanding of the perceptions that surround them and their peers, the programme devises positive solutions that allow young people to make informed decisions, enabling them to identify the good in every situation and engender an optimistic output on situations surrounding their lives. Using a variety of interactive musical techniques, the participants are tasked with creating musical pieces which have a positive impact. Minds and Melodies will be based in the Nunhead and Queens Road sections of the borough and operate as a 1-2-1 mentoring project seeking out referrals from the YOT, early help, School, and prevention services across Southwark. We aim to target the young people aged 16-23 who are at risk and at risk of reoffending, and vulnerable to negative events occurring and reoccurring in their lives. The project will consist of 24 group sessions and 24 weekly 1:1 meetings, using music and video development methods to encourage young people to express themselves and their emotional well-being by recognising positive attributes to develop trust and self-esteem, and growing motivation. Participants will be taught vocal arrangements and lyrical composition, including the basics of poetry and English, how to create and convey a narrative through musical instruments, and how to communicate their feelings through positive compositions to show the influence of positive thinking and the effect it can have on their lives and societies. Each participant will also develop a career plan to pursue opportunities that meet their needs adequately while developing their artistic talents and progressing towards an approved music qualification. We organise creative online interactions with industry professionals for participants, enabling them to gain an insight into the sector including opportunities to speak with employers and employees providing invaluable knowledge of the industry. We aim to empower participants to build video profiles using our creative online and technical approach to highlight their characteristics to potential employers, helping them to increase possible opportunities to help their career growth and enhance self-confidence. At the end of programme, participants will organise a virtual showcase, inviting members of the local community, friends and family to showcase and display their talents, celebrating their achievements.</p>	£4,613
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559	The Purple Ladies	Outdoor & educational performance in Nature " When the trees breath out"	<p>"When the Trees breathe out" is a project that offers John Donne Primary school pupils the opportunity to experience an immersive performance and ignite their sense of play, curiosity and imagination with the powerful forces of nature. The children will embark on a journey at the Kirkwood Nature Reserve and experience the magic of the forest following a storyteller and its forest friends throughout the Nature reserve.</p> <p>Following the success of their latest cabaret at the Kirkwood Nature Reserve in June 2019 and consultation with the local groups, The Purple Ladies decided to create work that will bring awareness of the surrounding nature and beauty in the ward and encourage children to respect and enjoy this little pocket of heaven. They realise that, as well as being one of the community with the least access to the art, mainly due to the high rate of poverty in the area (73% of the population in Nunhead are in the most deprived quintile nationally- Source: JSNA 2017 - Southwark council), many children are often alienated from nature and tend to disrespect nature reserve and parks. This project respond to the stressful environment that these children are facing living in an overcrowded and polluted area and aims to awaken their curiosity and excitement for spending more time in nature and care for it.</p>	£4,255
159	We Open Doors CIC	Frames For Future	<p>This is an application to fund: FRAMES FOR THE FUTURE. Frames for the Future is a new and fresh innovative project aimed at unemployed young adults (15-22) in the London borough of Southwark. The project will target unemployed young adults living in Camberwell, Nunhead, Peckham and Dulwich, specifically targeting those who have been unemployed for more than 3-months. The project will focus on introducing participants to the key steps for pursuing employment. These steps involve: Choosing a career path; Job searching Profile Building/CV Development; Interview Techniques; Work Experience Sustaining Employment</p> <p>We plan to explore each stage by running a weekly 3-hour sessions at the Albrighton Centre for approximately 6-months. Each session will focus on effective role-play and action strategies that will improve the chances of each young person gaining acquiring employment. We will implement an innovative approach to job seeking by creating a visual CV/profile referred to as a "frame", which will be made available using current social media platforms applications such as: Youtube and LinkedIn. We aim to create 3-6 minute profiles that provide potential employers with significant information about each potential employees.</p>	£4,837

524	Westminster House Youth Club	Next steps	<p>We have had to completely adapt delivery to meet the current COVID guidelines. This has meant limiting numbers, shortening sessions (whilst still catering for 150+ members and their families!) and maintaining bubbles as well as increased hygiene procedures, mask wearing, temperature readings, track and trace etc. We managed to reopen in early June and have had NO covid related incidents as yet. We have also been managing meal delivery and food banks and educational catch up alongside our core services. It has been a VERY difficult year Our young people have missed out on so much - education, off site activities, residential work etc. We are hoping to return to some sort of normality during 21/22 and would like to start to increase training opportunities and off site trips, in line with guidance, with this funding. Our young people rely on the courses they take with us to secure college and university places and to enter employment. Many are now struggling as their formal education has also been hugely disrupted. There has also been a lack of fun and we believe that enjoying themselves in a safe environment is a vital part of our young people's development and wellbeing. We managed 2 off site trips in the summer holidays (we would usually have around 40). We would like to start building this component of work back up - when it is safe to do so.</p>	£5,000
441	Women in Film SE15	Podcasting Skills Workshop	<p>Podcasting is an important platform to get under represented voices heard by potentially large, unlimited audiences. The podcast is widely recognised as an alternative and more accessible version of radio without gatekeepers. An added advantage is that there are limited costs and equipment involved in creating podcasts. The aims of the workshop are to facilitate a tutor led podcasting workshop for people in the Southwark borough to learn how to use digital equipment and to produce meaningful online audio content beneficial to a community context which will be maintained over the year. The workshop as well as disseminating new skills, would extend the work and activities undertaken by the Women in Film SE15 group. WIFSE15 highlight and discuss all aspects of women working within the local community and our focus in the past has been women's involvement behind and in front of the camera however we have branched out to include all the different experiences women face. The focus therefore in the podcast workshop would be not only in transmitting skills, but would also seek to address questions around women's involvement in the community of Peckham and Nunhead. There are currently no podcasts in the Southwark area about women's experiences in the borough and there is no known training to help people build up the confidence to establish their own podcasts and online presence.</p>	£1,250

299	Dream Believe Achieve (DBA) CIC	DBA Community Engagement Project (11-16s)	<p>Through ongoing consultations with our beneficiaries, schools, tenants and residents associations we have established common disadvantages our community of youths are facing. These include a lack of free support services, engaging activities, 1:1 mentoring assisting individuals in overcoming boundaries hindering progression and fulfilment. Also, low self confidence, a rise in mental conditions and isolation heightened by the pandemic. Moreover, high levels of poverty, a lack in pivotal life skills and being less informed in sensitive areas including mental health, child abuse, peer pressure, street crime, dangers of social media, drug, alcohol misuse, sexual health awareness. Our proposed therefore seeks to address this need. Our project aims to empower and provide more opportunities to disadvantaged youths from low socioeconomic households, with little to no support services and beneficial activities available to them. We seek to increase access to free positive engaging activities and support services ( delivering a variety of free, innovative, customised, highly engaging 1:1 mentoring and community group workshops )to reduce youth engagement in delinquent and criminal activity. Moreover, we aim to aid our service users personal and social development, unlocking and nurturing their talents. We also seek to increase life skills, self-confidence, well-being and equip service users with an array of positive coping mechanisms. Finally, we seek to raise more awareness on important, sensitive topics including mental health, child abuse, FGM, sexual violence, domestic violence, peer pressure, gang, street crime, drug and alcohol misuse.</p>	£3,617.98
393	Big Local Works	Big Local Works	<p>Big Local Works is a local charity providing essential services to the local community including preparing residents with key skills for employment, providing free 1-2-1 benefit and welfare support for Southwark Residents and supporting enterprise. The project is called Here for Work. Big Local Works will hold monthly Employability Skills and Support courses. BLW has delivered similar programs previously however each year, we commit to learning from the data collected from each course and improve upon what we deliver to residents. Therefore, our next courses will be delivered in a new format. The feedback we received from participants has always highlighted the need for more 'one to one' and mentoring support with job search and employment plans. This is the most valuable support in moving towards the workplace. Our new course will follow the format of two days of intense training, followed by, up to five days, of one to one support per group. Each participant will have the opportunity to engage with an employment mentor to research, review and get the required support to apply and obtain local jobs. We have found this to be absolute crucial to complement the employability skills training. The skills that will be covered during the training include: CV Writing; Job Searching; The Application and Interview Process; Effective Communication; The Importance of Professionalism ; Team Work; Conflict</p>	£4,250

			<p>Management/Resolution. Our immediate neighbourhood is in the top 10% most deprived in the country. This is much of the same for surrounding areas in Southwark, with large pockets of social housing. The Covid-19 crisis will most defiantly affect our community for the next few years to come, with people who live in the poorest area to suffer the most, with loss of jobs and benefit cutbacks. This outlines the need for a course like ours that will produce sustainable change in people's lives by empowering residents with the skills and information to apply for an obtain local, well paid and sustainable jobs. This course is designed to empower and provide the participants with all the skills and confidence needed to be successful in obtaining sustainable employment. The training and the employment support means that we can deliver a credible pathway for local residents to get closer to employment. We believe this training will result in genuine life changing skills and support for local residents to get back in to positive and productive work. Not just any work but well paid and secure jobs that deliver positive economic opportunities for local people.</p>	
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## Old Kent Road WARD

Ref:	Name of your group:	Name of your projector Idea:	What project is trying to achieve?:	Amount requested [£]
525	Brokenhome	Brokenhome	Social engage teenagers from broken homes in the areas above to offer support, mentoring, access to available mental health services in their area, working with parents to engage and communicate with their kids.	£16,000
372	Cooperative Planters	Peckham Flower Show	In 2016, the Cooperative Planters began with 2 people. Our group took a small area and changed it into a communal garden that is used by hundreds of people per year. Not only did we revitalise an area of land that had long been neglected, but we also brought a community of people together to share in the power of plants and flowers to bring joy and levity. We were also successful in securing Council funding and partnership for the 2021 Peckham Flower Show for 2021, and are delighted that this event has already generated such enthusiastic involvement from small businesses, local and national media, local government and, of course, the local community. The Cooperative Planters is seeking funding to continue the positive momentum of the Peckham Flower Show so we can run the event again in 2022, and bring the joy of flowering plants supporting human wellbeing and sustainability to the local area and the local community. On national and international levels, flower shows are a tremendous way to bring communities together around positive and healthful experiences, while simultaneously enhancing Peckham's reputation as an area that represents health, wellbeing, community, and successful local business. In addition, flowering and greening plants do much to promote human health and wellbeing amongst both the young and elder generations. As this event showcases the innovations and wide varieties of flowering plants, we have decided to create the event as a hybrid online and in-person experience. It is intended to have both a micro and macro impact. On the micro-level, will stimulate local businesses all around the region by increasing footfall in the surrounding area. In addition, the event will also encourage local people to the event to engage with community members on the health-giving properties of flowering plants. On a macro level, the local and national media coverage would be an excellent vehicle in enhancing the reputation of Peckham as a prominent area for health, wellbeing and city-greening innovation.	£11,820

Ref:	Name of your group:	Name of your projector Idea:	What project is trying to achieve?:	Amount requested [£]
380	Digital Mindfulness	Digital Wellbeing in Schools Project	<p>As part of its focus on digital wellbeing within the education system, Digital Mindfulness intends to enhance support to teachers, trainers and young people on their interactions with social and digital media. The issues of online intimidation and harassment of councillors are on the increase, as the volume and veracity of anonymous and persistent abuse, threats and intimidation are significant causes for concern. At Digital Mindfulness, we believe that educators, education systems and young people are on the front line of such behaviour on a daily basis and require meaningful resources to deal adequately with them. The various resources we propose to create will provide tools and techniques to mitigate online intimidation, digital citizenship, online safety, security and countering the spread of misinformation, Digital Mindfulness proposes the creation of interactive visual and text-based resources that focus on enhancing digital safety and security, digital citizenship, and dealing with misinformation for both students and educators. Digital Mindfulness would bring to this project the latest academic and industry expertise to create these resources, leveraging our extensive global skill, and knowledge networks to deliver an outstanding experience. The resources would be interactive so it can be made available on school websites'. By including the latest thinking and research-based resources on the above topics, students and educators can rest assured they have access to truly innovative and impactful tools and techniques. In addition, Digital Mindfulness proposes the creation of new/updated Rules of Engagement Models that provide clear and actionable guidelines to address intimidation, digital citizenship, online safety, security and misinformation. The models will focus on providing a robust framework of support for educators and students, so they are aware of the most effective and forms of engaging online that mitigate negative behaviour.</p>	£5,467.44

Ref:	Name of your group:	Name of your project Idea:	What project is trying to achieve?:	Amount requested [£]
301	Isha Foundation	Isha Foundation: Online Yoga Sessions for Southwark	<p>To varying degrees, all of our lives have been challenged by COVID-19. With the Royal College of Psychiatrists warning that mental illness will be “the second pandemic”, it’s imperative that practical tools to nurture mental and physical wellbeing are readily available. The Isha Foundation’s renowned yoga and meditation sessions offer simple, accessible practices to empower participants to take charge of their mental and physical health, from their own homes. Our project aims to contribute to a system of holistic support for the wellbeing of the Southwark Community during these challenging times, by providing 18 free online yoga and meditation sessions over one year. Throughout the lockdown period, we established ourselves as a key support for the wellbeing of the Southwark community, offering online sessions through funding from four of Southwark Council’s COVID-19 Community Grants. This project would further this support, and also act as a continuation of the online sessions currently being offered to Southwark via our previous Neighbourhoods Fund project: ending on March 31st 2021. We are conscious that community mental and physical wellbeing support will be needed both during and after the pandemic. The Isha Foundation’s online sessions last for one hour and bring together participants of all ages, ethnic groups and physical ability. By participating, residents create and reinforce community ties. All programmes provide an inclusive, joyful, stress free inner climate that positively impacts the wider community. The workshops are taught by trained teachers, on an accessible scientific basis, providing exercises that are easily incorporated into hectic modern routines, empowering all. Post session support is offered by our teachers; guiding participants through the practices they will learn in the sessions. We also offer a mobile app containing videos and a rich variety of supportive content to help participants keep up with the practices. The Isha Foundation is a volunteer run, non for profit organisation providing holistic answers to physical and mental wellbeing through the science of Yoga. Until August 2020 our centre on Silex Street provided both wellbeing support and volunteering opportunities for the Southwark Community. Located in St George’s ward, our centre was also offered for community projects such as ‘Blackfriars Stories: Waves of Wonder’ in 2019. Due to financial constraints caused by the pandemic, we had to close its doors in June 2020. We continue to provide support on an online basis. Since the pandemic started, our online sessions have supported over 12,000 people from the UK. Prior to the pandemic, we had also supported the Southwark</p>	£5,130

Ref:	Name of your group:	Name of your projector Idea:	What project is trying to achieve?:	Amount requested [£]
			community by offering sessions for Kings College Hospital, VAULT, Lambeth and Southwark Diabetes group and LSBU. During the pandemic we have conducted a series of sessions for Su Mano Amiga, and have connected directly with Alzheimer's Society Southwark, The Nest, Groundwork London, Home Start Southwark and Hope for the Young; offering our support to their service users. We intend this project to further these initiatives and build engagements with organisations across the multi ward area. Our website: <a href="https://www.ishayoga.eu/">https://www.ishayoga.eu/</a>	
397	Avondale Rewrite Community	ZOOM ACTIVE CLUB (Mr ZAC)	Mr ZAC aims to facilitate 62 identified local residents with Chronic Fibromyalgia and other health related issues to keep exercising online weekly with skilled trainers on Tai Chi, Pilates & Yoga sessions with a group of active local people and discuss COVID-19 worries. 75% of identified 89 women in our community with Chronic Fibromyalgia Syndrome who are physical inactive over this though periods would like to be given opportunity to exercise regularly with a group of active local people who had experienced the same physical limitations. It's a bi-lingual physical activities for local women to be delivered a weekly 2 hour-long 10-week (thrice/week) ONLINE fitness classes on Tuesday, Friday & Saturday (1-3PM) through ZOOM application. Classes of 10-12 residents per session will be ran by 4 qualified fitness instructors from their home setting/dojo with understanding of the condition. The sessions will focus on gentle exercise and progress to floor-based activities where appropriate including Tai Chi., Pilates and Yoga. All classes will be tailored to participants' levels of comfort and ability and will be provided in a supportive environment. Further supports will lead to participants continuing physical activity at own time/group, to keep fits and generally feeling healthier and more in control of their symptoms. Double impact: Impact 1; - trying to tackle some of the biggest issues of a generation like inactivity and loneliness - hoping this will keep spirits up and encourage the residents to take part in daily activity. Impact 2; - will strengthen working relationships between residents of different ethnicities on the estate; - will maximize resources through collaboration to help build a good neighbourhood characterised by knowing one's neighbour, helping each other, good communication & having people who go the extra mile. Evidence suggests that physical activity and volunteering support better mental wellbeing and so it is vital, in these unprecedented times, we continue to innovate	

Ref:	Name of your group:	Name of your projector Idea:	What project is trying to achieve?:	Amount requested [£]
			new ways to support the hardest to reach and keep those most at risk moving.	
500	Bermondsey Community Kitchen	Bermondsey Community Kitchen	<p>Bermondsey Community Kitchen is a non for profit community organisation providing a variety of services to our local community, including running our training facility that offers Level 1 Food Preparation and Cookery courses and Level 2 Professional Cookery courses that helps people to gain a qualification and supports them into employment. Our group also provides Chartered Institute of Environmental Health Level 1, 2 and 3 Food Safety certificates. BCK runs free healthy nutritious cooking classes for isolated elderly residents, to bring them together with other similar members of the community and teach them how to cook a healthy meal for one on a budget. Our gardening project works on local social housing estates, building raised vegetable growing beds, flower beds and planting trees. BCK through the Covid 19 crisis used our large commercial kitchen to provide over 5000 healthy nutritious ready to eat meals to the local community who was in need including elderly isolate vulnerable individuals and families struggling financially to feed their children. During this time the demand for this service continued to increase and it was greatly appreciated by the local community. The Covid 19 crisis has led many local organisations to re-evaluate how they support their local community and how their needs are changing. It has become apparently clear to BCK that not only our immediate area of Bermondsey but across Southwark, the need of food provision services is not just growing but is essential. The local food banks are overwhelmed with their growing clients. Therefore, BCK has decided to open our kitchen as a food provision service in the long term, as we did during the Covid 19 lockdown. Our large commercial kitchen is an asset to the community and something that is rarely found in its size. It is capable of preparing and cooking meals for the local community on a regular basis, as we have previously done during lockdown. The demand from the local community for healthy nutritious ready to eat meals and not just food parcels, is something that other groups are unable to meet, as they do not have the facilities or the procedural experience. During Covid 19, BCK worked with numerous local groups and TRA's to utilise the contacts they already had in the community to those most in need. This is something we would do again in the long term to ensure we are reaching those most hard to help. This project, as our other services which</p>	£4,500

Ref:	Name of your group:	Name of your projector Idea:	What project is trying to achieve?:	Amount requested [£]
			<p>we will continue to provide, are essential to the local community. Our immediate area is in the top 10% most deprived neighbourhoods in the country, with much of the same being shown across Southwark in areas of high social housing. This will only get worse with the cut backs and unemployment figures being predicted in the wake of Covid 19. BCK will continue to provide our other services as listed above, creating a kitchen schedule so that the time that the kitchen is used is optimal.</p>	
393	Big Local Works	Big Local Works	<p>Big Local Works is a local charity providing essential services to the local community including preparing residents with key skills for employment, providing free 1-2-1 benefit and welfare support for Southwark Residents and supporting enterprise. The project is called Here for Work. Big Local Works will hold monthly Employability Skills and Support courses. BLW has delivered similar programs previously however each year, we commit to learning from the data collected from each course and improve upon what we deliver to residents. Therefore, our next courses will be delivered in a new format. The feedback we received from participants has always highlighted the need for more 'one to one' and mentoring support with job search and employment plans. This is the most valuable support in moving towards the workplace. Our new course will follow the format of two days of intense training, followed by, up to five days, of one to one support per group. Each participant will have the opportunity to engage with an employment mentor to research, review and get the required support to apply and obtain local jobs. We have found this to be absolute crucial to complement the employability skills training. The skills that will be covered during the training include: CV Writing; Job Searching; The Application and Interview Process; Effective Communication; The Importance of Professionalism ; Team Work; Conflict Management/Resolution. Our immediate neighbourhood is in the top 10% most deprived in the country. This is much of the same for surrounding areas in Southwark, with large pockets of social housing. The Covid-19 crisis will most defiantly affect our community for the next few years to come, with people who live in the poorest area to suffer the most, with loss of jobs and benefit cutbacks. This outlines the need for a course like ours that will produce sustainable change in people's lives by empowering residents with the skills and information to apply for and obtain local, well paid and sustainable jobs. This course is designed to empower and provide the participants with all</p>	£4,250

Ref:	Name of your group:	Name of your projector Idea:	What project is trying to achieve?:	Amount requested [£]
			the skills and confidence needed to be successful in obtaining sustainable employment. The training and the employment support means that we can deliver a credible pathway for local residents to get closer to employment. We believe this training will result in genuine life changing skills and support for local residents to get back in to positive and productive work. Not just any work but well paid and secure jobs that deliver positive economic opportunities for local people.	
573	Camelot Primary School	Camelot Primary School, "For The Sake of Cycling"	<p>The school have sought to establish cycling as a recreational activity at the heart of both the school and the local community. The benefits of exercise are well documented and known to improve mental health by reducing anxiety, depression, and negative mood. Research has shown that combining exercise with being in nature or even just outdoors has a profound positive impact on emotional and mental health.</p> <p>Our pupils who use the bikes will benefit from an increased sense of independence, improved physical and mental wellbeing and have increased access to surrounding areas available to them in terms of the local cycle paths and nearby places of natural beauty.</p>	£4,750
283	Capoyoga Uk	Carers Well-being project	<p>Our organisation aims to increase the index of exercise participation and healthy living of people in the community of Southwark that come from disadvantaged backgrounds. Our project will encourage carers in Southwark to increase participation in Sport by offering free yoga and meditation classes and promote healthier and more active lifestyles. The project participants will be able to attend Yoga sessions free of charge. The sessions will take place at different times during the weeks and the weekend to make sure that we reach to as many project participants as possible. We are applying for grant that will help our organisation to cover the fees of the professional instructors running the sessions. For this project we will be working closely with other local organisations that also offer support to carers, (Southwark Carers and Together UK), and with the local GP, to make sure that we reach to as many carers as possible. With our project, we aim to alleviate some of the physical, mental and social problems that being a carer can cause. Research has indicated that physical activity can contribute to the reduction of problematic levels of anxiety and depression.</p>	

Ref:	Name of your group:	Name of your projector Idea:	What project is trying to achieve?:	Amount requested [£]
439	Caroline Gardens TRA	Summer Party	Many residents on our estate are elderly-isolated -disadvantaged- vulnerable. The aim is to get residents out of their houses to socialise with each other and to have a good time. Many residents live alone in a low fixed-income. Living alone without the benefit of regular social interaction carries with it isolation and with that comes increased alienation and a decline in overall well-being. The environment is warm, friendly and inviting so you do not feel left out. The Summer Party will help bring residents together to enjoy themselves and have a wonderful time.	£1,650
235	Glengall Wharf Garden	bee and chicken groups	the bee and chicken groups exist within glengall wharf garden to develop an understanding of beekeeping and chicken rearing which aims to involve local people and provide natural benefits to the garden and the wider community	£1,350
229	John Keats Primary School	John Keats Primary School Stay and Play	Availability of free preschool services and safe play spaces has decreased recently, due to funding cuts. Since covid-19, such opportunities have reduced further leaving parents in a difficult position. The mental health of parents is suffering, as is the early education/socialisation of pre-school children. As a new school, JKPS is keen to embrace the local community, building relationships from Day 1. As the school is not running at full capacity, it is in a unique position to be able to offer a much-needed safe space for socially-distanced play, indoors and out. The school believes embracing families at pre-school stage will pave the way for strong pastoral relationships (one of the core values of Communitas Education Trust) in the future. Senior leaders identified the need for a local pre-school group after talking to current parents and neighbours. The local area is experiencing considerable redevelopment with the addition of 300 new homes at Verney Road next to JKPS (including affordable/family/social housing). The demand for pre-school services is predicted to continue to rise. The school wishes to run a free stay-and-play session weekly, during which local families will enjoy socially-distanced singing, stories, activities and play, using the school's state of the art facilities. Parents will	£4,693



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			benefit from meeting like-minded people while their children make friends, have fun and learn new skills. The sessions will be run by a qualified practitioner for 2 hours weekly with free refreshments. Targets: From April 2021, we hope to engage a minimum of 10 families. We hope all of these families will go on to apply to JKPS in the following Nursery or Reception intake. We will offer a nutritious snack to every child and adult that attends. We hope to receive feedback that the group not only helps the children but also their parents' mental health/wellbeing.	
230	Ladies of virtue Outreach CIC	GEMS Self awareness week for young women and girls	The self-awareness week will be a one week program that would take young women and girls mostly from the BAME communities on a journey of self-discovery. They would engage in a week-long virtual group interactive training where they would explore topics such as personal skills & personal values, self -worth & healthy relationships, keeping safe and healthy, which will culminate into a live celebratory event of individual's identity and heritage. According to the joint strategic needs assessment, the east-central area of Southwark has one of the most deprived wards in Southwark and the highest BAME communities, with many families living on benefit and badly hit by the COVID 19 pandemic. Many young people have lost their friends and families during this pandemic, with a high rate of domestic violence too. As a result, the mental health of many young people have been badly affected from isolation, more so, the percentage of young women experiencing anxiety and low self-esteem is higher than the young men. Many young women feel unsafe and some are pressured into the life of crime or sex trafficking by friends / families who sometimes use them to carry weapons or make money. This project aims to remove these barriers, create a safe space to raise awareness of some of these issues as well as build participant's confidence to know they are valued and safe.	1,650

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545	Lindley Estate Tenants & Residents Association	Get Active	The aim is to get residents more active (in an outdoor setting for adults) and improve their physical health and general wellbeing. Many of our residents are inactive with serious consequences on both physical health (overweight/co-morbidities like high blood pressure) and mental health (anxiety, depression). Both exercise and being outdoors is known to help with physical and mental wellbeing. By offering 30-45 mins free classes in an easily accessible location, and in a small group setting that caters to participants with different fitness levels, the Get Active project removes barriers like cost or feeling out of place in a gym setting. In addition to targeting adults, the project also encourages children and young people to get more active through professionally led dance classes - this not only provides a 'fun' way of getting fit but provides an alternative for children of different abilities that might not be interested in more traditional sports like football.	£4,600
292	Link Age Southwark	Weekly gentle exercise group for older people at Harry Lambourn House.	We are seeking funds to provide a tutor so that up to 15 older people in the Old Kent Road ward can continue to benefit from a gentle exercise group at Harry Lambourn House and feel less lonely and isolated. It's a lively and sociable group with a regular, committed set of attendees and is led by an experienced tutor. The group promotes physical health and wellbeing by providing older residents with a weekly opportunity to exercise and socialise that would otherwise be unavailable to them. The group was evaluated in November 2019 by an independent assessor. All group members were very positive about both the exercise and the social aspects of the group with comments such as "we exercise but we have a laugh as well", "my knees were terrible last year. Exercise has helped a lot" and "I like the relaxation at the end. It calms my brain down." Older people are particularly vulnerable to social isolation and loneliness as their mobility reduces, health deteriorates and family and peers move away or die. Chronic loneliness is a health risk factor comparable to tobacco, alcohol and obesity. With the outbreak of Covid-19 we had to adapt how we delivered all of our groups including the group at Harry Lambourn. This group is delivered by a tutor who specialises in working with older people and people with particular mobility or health needs. We were very keen to ensure that service users stayed mobile and connected to the group during the extended period of lockdown. Therefore we arranged with the tutor for her to telephone group members each week and to spend time over the telephone encouraging group members to stay active in their homes. Alongside	£2,937.50

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			<p>this, we also developed 3 online exercise groups that any of our service users, who are digitally connected, can log onto. We are currently in the process of establishing Covid secure group activities at venues that can accommodate this. We have appointed a Groups Coordinator to develop an action plan for delivering our groups including the group at Harry Lambourn. Our planning is looking at 3 phases of delivery – lockdown, social distancing and post pandemic. Built into our planning will be the ability to move back and forth between the phases, as needed.</p>	
242	Maintaining Health Partners	Reaching Recovery and Resilience	<p>After the events of 2020 and lockdown and the restrictions and fear imposed on us all our project is to offer strength, recovery and ways to build resilience through touch, healthy food and supportive company. It will be for people experiencing mental health difficulties, to improve physical and emotional well-being by providing access to free holistic health sessions in the Glengall Wharf Garden Community Yurt and participation in outdoor group Chi Kung or a monthly Burgess Park Walk. We have been in regular contact with CopTog, our community network of 50+ people. Many have experienced increased anxiety and depression exacerbated by being isolated at home and lacking human contact. This has made people more vulnerable to physical and mental ill health, depression and anxiety. During lockdown we supported our community voluntarily with phone calls, emails and Zoom get-togethers, gradually inviting people out to socially distanced walks in nature, tea at Glengall Garden Yurt and a local allotment with hens. Consultation with our community has informed the development of the next phase. This comprises sessions for people to be supported out of lockdown, with a varied programme of volunteer-supported individual and group sessions in the community garden. The aims of this project is to: reduce fear and stress; enhance health holistically; build community safely</p>	£4,992

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401	Millwall Community Trust	1st Touch Football Project	Millwall Community Trust aim to deliver 1 two hour session for 40 boys and girls who are aged between 8-15 years old. These sessions will be delivered by both male and female coaches from Millwall's football club, this will ensure that all participants have gender specific role model. The project will focus on engaging young from Ledbury estate. The session will focus on a different age group. Ledbury's session will be aimed at 8-11 years old for the first hour 12-15 years old for the second hour. By the end of this project we aim to have increased the participation levels of all young interested in playing football as well as ensure access to opportunity for young people wanting to develop in football. Providing structured football sessions will help young people's health and wellbeing. Sports improve physical and mental health and help lower obesity rates. Our activity programme will also enable all young people to build their confidence and skills, also there has been a significant and rising problem with drugs and knife crime, including stabbing, this project will ensure that young people have positive role models and move them away from gangs.	£5,000
537	At The Heart	At The Heart's Skills Development Project	We aim to provide skill-development training, workshops and focus groups to young people living in the aforementioned wards from black and minority ethnic backgrounds, focusing on their physical well-being, mental well-being and life skills (i.e. networking, financial literacy, stress management, effective communication, problem solving etc.) Two-thirds young people in Southwark are from a BME background. In Southwark, unemployment among young people is above the London average (and is 5 times that for BME communities). According to the Education and Skills Funding Agency (2018), by the time students complete their A Levels, BME students (especially those from black African or Caribbean backgrounds) struggle to attain grades similar to what they had received at GCSE (at least 3 A grades), highlighting disadvantages in accessibility to resources and support, rather than academic ability. Similarly, the same report shows that individuals from BME communities have consistently been less likely to be a part of apprenticeship programmes when compared to their white counterparts since 2002/2003. According to the Higher Education Statistics Agency (2018), of UK-domiciled students, (compared to their white counterparts) individuals from BME backgrounds are less likely to attend university for an undergraduate degree, with an even small percentage of blacks students attending Russell Group universities. The Quarterly Labour Force Survey (2015-2018)	£4,230

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			<p>also highlights that rates of unemployment are highest for individuals that identify as Black, followed by other ethnic minorities. To support these above findings, <a href="https://www.ethnicity-facts-figures.service.gov.uk/">https://www.ethnicity-facts-figures.service.gov.uk/</a> highlights that BME individuals are behind in various aspects of life such as work, education and housing in comparison to their white counterparts. <a href="https://www.resolutionfoundation.org/comment/black-and-ethnic-minority-workers-needs-a-bigger-living-standards-reward-for-their-astounding-progress-in-getting-degrees/">https://www.resolutionfoundation.org/comment/black-and-ethnic-minority-workers-needs-a-bigger-living-standards-reward-for-their-astounding-progress-in-getting-degrees/</a> highlights that although there have been substantial rises over the past two decades in the proportion of BME people with a degree, rising educational attainment has not directly translated into an end to big disparities in employment outcomes: on average, BME graduates have lower employment rates and when in work are more likely to be in lower paid occupations than their white counterparts.</p> <p><a href="https://www.theguardian.com/education/2014/jun/12/ethnic-minorities-social-mobility-employment">https://www.theguardian.com/education/2014/jun/12/ethnic-minorities-social-mobility-employment</a> also highlights the need for new routes to mobility as being crucial, given the over-exposure of ethnic minorities to deprivation and poverty in Britain.</p>	
476	Elevated Minds CIC	Using Restorative Justice (RJ) as an Intervention in Response to Stop & Search	<p>This project will be working in collaboration with the Met Police. Our aims are to create opportunities for positive relationships to be developed between the police and young people, in particular, black males by promoting understanding and learning on the part of the young person and the Police Officer whom the young person has encountered during a Stop and Search process. Also, we aim to use the RJ process to encourage and promote openness and transparency on the part of the police service with a focus on understanding issues from the young person's perspective. Two main concerns that have been raised and highlighted by members of the black community within Southwark, including members of Elevate2Success, our young people advisory panel are: 1. Far too many stop &amp; search encounters involving a disproportionate number of black males in comparison to their white counterparts. 2. The style of Stop &amp; Search involving the black community is aggressive and disrespectful, using excessive handcuffing in the first instance, laying and aggressively securing them on the floor, in comparison to white people when they are stopped. By working with young people and with the police through RJ, we will encourage and promote conversations between the Met and young people. They will learn about each other and better understand motives as opposed to holding</p>	£4,995

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			blame. The Stop and Search process is an essential part of effective policing. The introduction of the RJ service being proposed into the process will provide additional accountability, promotion of the welfare of the communities we serve and enhanced opportunities to champion positive relationships between police and young people.	
402	Active Communities Network	Breaking Barriers Leadership Programme - Southwark	Breaking Barriers Leadership programme offers individuals from underrepresented backgrounds the opportunity to develop their own projects based around sport, physical activity, and healthy wellbeing in a community development context. Breaking Barriers participants are receiving intensive vocational accredited and non-accredited training by to help build their soft skills, foster leadership abilities, and increase understanding of community sports development. This training includes mentoring for participants to plan and set up a local community project of their own choice, which they will run from April 1st 2021. In delivering this programme, we aim to recruit, coach, and support the next generation of volunteer community leaders, providing access to learning resources which champion the use of sport and physical activity in delivering and achieving productive social outcomes. The Breaking Barriers programme works to encourage self-confidence, skills development, and healthy wellbeing in its leaders, while facilitating social engagement by challenging perceptions and creating long-lasting bonds between project groups. Literally 'breaking barriers', participants are part of a programme that promotes integration, diversity, and inclusivity between people, with the ultimate aspiration to forge a stronger society through volunteering and action. The outcomes for 24 residents are: - Improve capacities of local residents to deliver social action in their communities - Improve local decision making, providing a co-produced programme of new activities for residents - Improve the health and wellbeing of up to 250 Southwark residents through new activities and action - Improve community relations of under-represented groups through regular celebrations and multi-estate/ward activities.	30,300

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299	Dream Believe Achieve (DBA) CIC	DBA Community Engagement Project (11-16s)	<p>Through ongoing consultations with our beneficiaries, schools, tenants and residents associations we have established common disadvantages our community of youths are facing. These include a lack of free support services, engaging activities, 1:1 mentoring assisting individuals in overcoming boundaries hindering progression and fulfilment. Also, low self confidence, a rise in mental conditions and isolation heightened by the pandemic. Moreover, high levels of poverty, a lack in pivotal life skills and being less informed in sensitive areas including mental health, child abuse, peer pressure, street crime, dangers of social media, drug, alcohol misuse, sexual health awareness. Our proposed therefore seeks to address this need. Our project aims to empower and provide more opportunities to disadvantaged youths from low socioeconomic households, with little to no support services and beneficial activities available to them. We seek to increase access to free positive engaging activities and support services ( delivering a variety of free, innovative, customised, highly engaging 1:1 mentoring and community group workshops )to reduce youth engagement in delinquent and criminal activity. Moreover, we aim to aid our service users personal and social development, unlocking and nurturing their talents. We also seek to increase life skills, self-confidence, well-being and equip service users with an array of positive coping mechanisms. Finally, we seek to raise more awareness on important, sensitive topics including mental health, child abuse, FGM, sexual violence, domestic violence, peer pressure, gang, street crime, drug and alcohol misuse.</p>	£3,617.98